

Charlotte Turgeon's SUMMER COOKBOOK

*Recipes and menus for appetizing meals
with a minimum of work
and a maximum of enjoyment*



by CHARLOTTE TURGEON, author of
TIME TO ENTERTAIN, TANTE MARIE'S FRENCH KITCHEN, etc.

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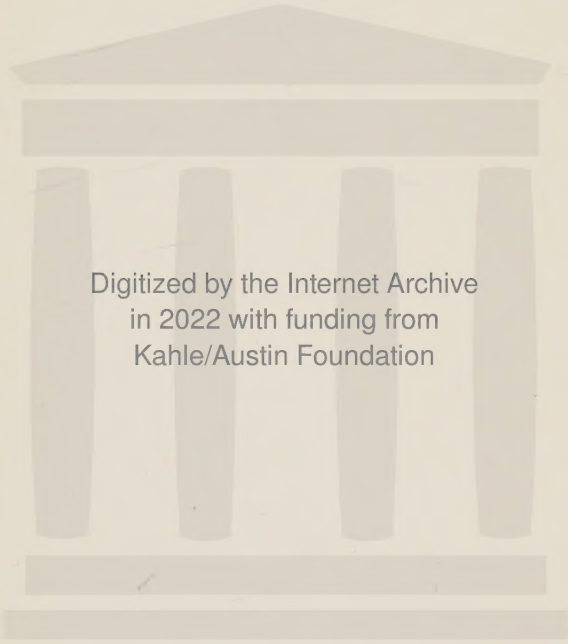
No one enjoys standing over a hot stove on a warm summer day, and this book makes it unnecessary to do so. Now anyone can serve appetizing, nutritious meals every day and, at the same time, enjoy casual summer living to the fullest.

All the menus and recipes in this book are based on the premise that summer meals can be easy to prepare and still be good and varied fare—not just a dreary round of cold cuts, sliced tomatoes, and ice cream. Here are serve-yourself-breakfasts and big breakfasts; informal lunches and luncheon parties; family suppers and company dinners. A mouth-watering summer smorgasbord is perfect for entertaining: everything is prepared in advance and most of the dishes are served cold. Another chapter includes picnic fare for young people and more sophisticated menus for adults. There are car picnics and boat picnics, and complete directions for clambakes.

A final chapter provides the “extras”—homemade chicken stock, the basis of so many delicious soups and sauces;

(Continued on back flap)

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Charlotte Turgeon

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Contents

<i>Introduction</i>	1
<i>Breakfasts</i>	4
Serve-Yourself Breakfast	4
Brunches	7
<i>Lunches</i>	16
Informal Summer Lunches	16
Broiler-Sandwich Lunches	27
The Ideal Summer Lunch	32
Summer Luncheon Parties	34
<i>A Summer Smorgasbord</i>	46
<i>Picnics</i>	61
Picnics for Young People	62
Picnics for Adults	66
Clambakes	72
Car Picnics	74
Boat Picnics	78

CONTENTS

<i>Evening Meals</i>	83
Family Suppers	83
Company Dinners	106
 <i>Miscellany</i>	 133
Chicken Stock or Broth	133
Salads and Salad Dressings	134
Bread, Rolls, and Pastry	139
A Few Summer Jams and Jellies	142
Blender Milk Shakes for Summer Desserts	145
The Top Pantry Shelf	145
 <i>Index</i>	 147



Charlotte Turgeon's
Summer Cookbook



Introduction

Summer is the time when everyone is supposed to relax and have a vacation, but there are those of us housewives who find a little irony in the very words "summer vacation." Gone are the days when jobs and schools keep meals on schedule and a woman's work is sometimes done. Instead the casual approach takes over; in kitchen terms, this means that breakfast may go on all morning and the hours for lunch and dinner are subject to conditions at sea or on the golf course. Moreover any summer home, no matter where it is situated, is—and should be—a haven for guests, both expected and unexpected. All of this can add up to no vacation at all for the person who provides the food—but it doesn't have to, and it is our hope that the following pages will prove this.

If you analyze the situation, you will find that the most troublesome aspects of planning summer menus are the problems of time, weather, and dishes. If meal hours are uncertain, and they are bound to be, meals must be flexible. Summer is no time for a temperamental soufflé. Guests for parties can usually be counted on to arrive at a specified time; however, since no hostess wants to be caught in last-minute cooking confusion, arrangements

INTRODUCTION

should be made well in advance. Standing over a hot stove when the temperature is high is no fun at all, so it is fortunate that for many meals fundamental preparations can be made in the cool of the morning. If plans are well set, only two or three mornings a week are necessary; when you are cooking, you might as well prepare several meals at one time. The more capacious and orderly your refrigerator is, the easier it is to follow this system.

Meals and recipes should be planned to use as few dishes as possible, both for cooking and for eating. This can become a kind of game once you get the hang of it. Instead of using several pans, you can use the same one for successive operations and end up with very few cooking dishes. Many foods—entrées, salads, desserts—can be prepared and served in the same dish. Instead of using some of the more complicated recipes calling for intricate mixings in many bowls, you can confine yourself in summer to the simpler ones; bread can be made, raised, and kneaded in one bowl, and cookies are often made in a single saucepan and dropped from it by teaspoons onto the baking sheet. All this means many fewer dishes to wash. Eating utensils, too, can be kept to a minimum; and although most food loses stature when served on a paper plate, there are times when paper and aluminum-foil products are perfect.

The underlying theme for this type of summer cooking is "the best possible results for the least possible effort." This is not difficult at a time of year when foods are at their peak of fresh perfection, but there are certain tricks for trading culinary anxiety for that relaxed feeling that comes from being ready for anything. To begin with, no household that includes young people should ever be without the complete makings of the two inexhaustibly attractive American foods, hot dogs and hamburgers. These, plus a constant supply of washed and ready green

INTRODUCTION

salad ingredients (which should be checked as regularly as the milk), will keep the kitchen in a steady state of preparedness. Another great help is a good supply of chicken stock, homemade or canned. It is the basis of so many summer dishes that making a quart or two a week is a convenience rather than a chore. As a precaution against between-meal refrigerator attacks, one shelf should be supplied with snack permissibles and the others declared off-bounds. On the top pantry shelf there should be cans for the makings of two complete meals and a few frills and extras as well.

The menus in the following pages are for breakfast, lunch, and dinner, and for most summer occasions when food is part of the picture. All are written with the idea that the hostess and cook should get as much out of summer as the rest of the family. The suggestions and recipes call for the foods that are particularly good in the warm-weather months; some of the recipes will be new to you, while others may be old friends that you have forgotten about. If you live far from the ocean and fresh shellfish is hard to come by, write to the Saltwater Farms in Damriscotta, Maine. They will ship lobsters, clams, and mussels to almost any point in the country. If you have no garden, find a spot or a pot to grow a few herbs in. Parsley, chives, and tarragon are essential to summer meals, and there are many others that will add to your enjoyment of cooking. And last but not least, wherever you summer, take along your favorite gadgets, the electric beater and blender, the coffee maker, toaster, and broiler. They are just as important to a vacation as an outboard motor or a fishing pole.



Breakfasts

There are two kinds of summer breakfasts, both very different from those in winter, when time is usually at a premium and food is served to sustain rather than to delight. The first is for every day in the week. It is served cafeteria style and can be eaten any time in the morning and almost any place that you can take a tray. The second is a large meal, sometimes the main meal of the day, and perfect for speeding the departing weekend guests.

Serve-Yourself Breakfast

This breakfast is largely a question of provisioning and arrangement. If food is easily available and utensils are plainly visible to the still sleepy eye, everyone including the cook can get up when he likes. The system is to lay out all the breakfast necessities on a table or kitchen counter the night before. These include individual trays, dishes, cutlery, and all dry stuffs (cereal, sugar, salt, and pepper). Gadgets—such as coffee maker, toaster, electric frying pan, and even an egg boiler—that can be plugged

BREAKFASTS

in conveniently distant from the stove, where food preparation for other meals may be going on, make life much simpler for everyone concerned. Perishables like fruit juice, milk, butter, and eggs are prepared and stored in the refrigerator in suitable serving dishes. The first person down starts the coffee and whisks the food from the refrigerator. The following check list may serve to make your daily summer breakfast pleasant and easy.

Gadgets

Coffee Maker	Electric Frying Pan
Toaster	Egg Boiler

Staples

Fruit, Fruit Juice	Salt, Pepper, Sugar
Coffee	Butter, Milk, Eggs
Dry Cereal	Jam, Marmalade, Honey

Variables

Hot Cereal	Homemade Bread (page
Sausage, Bacon, Scrapple	139)
Kipperd Herring	Maple Sugar Coffee Cake
Preference	Pancakes

MAPLE SUGAR COFFEE CAKE

2 cups all-purpose flour, sifted	<i>Topping</i>
4 teaspoons baking powder	4 tablespoons flour
1 teaspoon salt	1 tablespoon white sugar
2 tablespoons sugar	1 tablespoon butter
3 tablespoons butter	$\frac{1}{4}$ teaspoon nutmeg
1 egg	$\frac{1}{2}$ teaspoon cinnamon
milk	2 tablespoons chopped nuts
	3 tablespoons maple sugar

BREAKFASTS

Preheat the oven to 400° F. (hot).

Combine flour, baking powder, salt, and sugar in a mixing bowl. Add the butter in small pieces and cut it into the flour by using the electric beater at its lowest speed. Break the egg into the measuring cup and add enough milk to measure $\frac{3}{4}$ cup. Add to the flour mixture and beat only until blended. Place the dough in a 9-inch buttered ovenproof serving dish. Wash and dry the bowl. Make the topping in it by mixing the flour, white sugar, butter, nutmeg, cinnamon, and nuts until you have a crumbly mixture. Spread this over the dough and cover with grated maple sugar. Bake 20 minutes.

PREFERENCE PANCAKES

Pancakes are always a favorite, and can be made by cooks of all ages. The batter can be made with a mix, of course, but here is the recipe for the homemade variety. These pancakes are called "preference" only because, by having available various additives as well as several condiments, everyone can have them the way they like them best. The additives can usually be leftovers. Since some like sweets and others like savories at breakfast, everyone can be satisfied. Prepare a pitcher of mix and a tray holding the "preference" ingredients.

Pancake Batter

- 2 cups sifted all-purpose flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 $\frac{1}{2}$ cups milk
- 2 eggs
- 2 tablespoons vegetable oil

BREAKFASTS

Additives

blueberries
raspberries
apple
minced ham
chopped mushrooms
crumbled bacon

Condiments

butter
maple syrup
maple sugar
brown sugar
anchovy paste

In a large measuring cup, combine the flour, baking powder, and salt. Beat the milk, eggs, and oil, in a shallow pitcher, until well blended. Add the dry mixture and stir for about 30 seconds. Into a lightly greased hot griddle or electric frying pan, pour enough batter to make 1 large or 2 medium-sized cakes. After a few seconds add whatever you please, spreading it over the surface. If you use an apple, it should be peeled and quartered and then thinly sliced directly onto the batter. When the surface is covered with bubbles, turn to brown the other side. Serve with the preferred condiment.

Summer Brunch

A big summer breakfast may well be the main meal of the day—it certainly can be the most appetizing. It's the kind of breakfast our grandmothers served as a matter of course, but nowadays it's considered a production. It is the perfect farewell meal for parting weekend guests who have a long trip ahead. Most of the meal can be prepared the day before, but count on 45 minutes before serving breakfast for final preparations. A ready supply of coffee and orange juice for early risers is never amiss. Here are three favorite big breakfasts.

BREAKFASTS

§ MENUS §

I

(Serves 6 to 8)

Strawberries Brillat-Savarin
Lamb Steaks with Tarragon Butter
Oven-Brown Potatoes Cucumber Sticks
Blueberry Walnut Cake
Coffee

II

(Serves 4 to 6)

Melon Platter
Baked Finnan Haddie in Cream Sauce
Popovers Strawberry Jam
Coffee

III

(Serves 3 to 10)

Raspberries and Cream
Swordfish Steaks with Bacon
Baked Tomato Cups
Buttered Whole-Wheat Toast Cinnamon Sherry Rolls
Four Fruit Jam
Coffee

Big Breakfast I

(Serves 6 to 8)

STRAWBERRIES BRILLAT-SAVARIN

This serves as the centerpiece for the breakfast table as well as the first course (or last if you prefer). Prepare the berries the day before by washing and draining them

BREAKFASTS

quickly before hulling them. Store them in the refrigerator in the bowl in which they are to be served. Keep covered. Place them on the table, flanked with a pitcher of orange juice, a bowl of powdered sugar, and a small bowl for each person.

LAMB STEAKS

Buy steaks cut from a leg of spring lamb. Allow $\frac{1}{3}$ to $\frac{1}{2}$ pound per person, and have the steaks cut 1 inch thick. Trim the steaks, cut them into serving portions, and prepare them for cooking, by placing them on a greased broiler rack in an aluminum-foil-lined pan, ready to place under the broiler (about 2 inches from the heat) or arrange the steaks in a greased grill for charcoal broiling. For pan broiling, place the prepared steaks in a well-heated cast-iron or heavy aluminum pan which has been generously sprinkled with table salt. For all methods of cooking allow 5 to 6 minutes for each side. Transfer the steaks to a heated platter and spread with tarragon butter.

TARRAGON BUTTER

Chop 2 dozen tarragon leaves in a wooden bowl or pulverize them in a blender. Work in $\frac{1}{4}$ pound of whipped or ordinary butter. Season with a teaspoon of lemon juice, salt, and freshly ground black pepper—lots of it.

OVEN-BROWN POTATOES

3 tablespoons bacon	$\frac{3}{4}$ cup consommé
fat	1 tablespoon chopped
1 large onion	parsley
5 or 6 cold boiled potatoes	salt and pepper

BREAKFASTS

The day before, heat the bacon fat in a shallow heat-proof serving dish and grate the onion directly into it. Cook slowly for 3 minutes. Slice the potatoes in thin slices into the dish. Cook for 2 minutes, turning gently. Smooth the potatoes so that they are spread evenly and add the consommé, parsley, salt, and pepper. Bring the consommé to a boil and remove from the stove. Cover with aluminum foil. The following morning, cook the potatoes in a hot oven (400° F.) for 30 minutes, along with the blueberry cake (see below). Keep covered with aluminum foil until the last 10 minutes of cooking.

CUCUMBER STICKS

Pare small freshly picked cucumbers. Quarter them lengthwise and soak in ice water overnight. Drain and serve very cold. If the day is very hot, put a few small ice cubes in the bowls in which these are served.

BLUEBERRY WALNUT CAKE

2 cups sifted all-purpose flour	2 eggs
1 tablespoon baking powder	1 cup milk
$\frac{3}{4}$ teaspoon salt	4 tablespoons melted butter
3 tablespoons sugar	1 cup blueberries
	$\frac{1}{2}$ cup walnuts

Preheat oven to 400° F. (hot).

Combine the dry ingredients in a large measuring cup. Beat the eggs and milk until blended. Add the butter, dry ingredients, berries, and nuts and stir just long enough to mix well. Bake in greased ovenproof serving dish for 25 minutes. Cut in squares and serve.

BREAKFASTS

Big Breakfast II

(Serves 4 to 6)

MELON PLATTER

This is a combination of two or more kinds of melon—cantaloupe, honeydew, casaba, Persian, and so on. Halve the melons, seed them, and slice into wedges. Pare the melon wedges and arrange them alternately by colors on a serving platter. Garnish with lemon slices and, if possible, with mint leaves. If the melons are prepared in advance, cover tightly with wax paper before storing in the refrigerator. Remove from the refrigerator 30 minutes before serving. Melon loses flavor if it's too cold.

BAKED FINNAN HADDIE IN CREAM SAUCE

1½ pounds finnan haddie	4 tablespoons butter
1 cup milk	4 tablespoons flour
1 cup water	1 cup cream
1 tablespoon onion flakes	black pepper, paprika
4 to 6 eggs	

Buy as thick a piece of finnan haddie as possible. Place in a saucepan with milk, water, and onion flakes. Cover and simmer 25 minutes. Meanwhile hard-boil the eggs, allowing 1 to a person, for 12 minutes. Crack and peel while warm. Melt the butter and blend in the flour. Strain the liquor from the finnan haddie into the mixture and stir until smooth. Add the cream and simmer 5 minutes. Cut the finnan haddie into small pieces or simply flake it into the cream sauce. Halve the eggs and place them in a baking dish. Pour the sauce over the eggs and sprinkle generously with black pepper. Carry the prepa-

BREAKFASTS

ration to this point in advance, because the flavor improves if allowed to mellow for several hours. When serving finnan haddie with this breakfast, put it in a moderate oven (350° F.) for the last 30 minutes of the popovers' baking.

POPOVERS

For best results have your eggs and milk at room temperature. To save time in the morning you can have the dry ingredients measured and ready for quick mixing. Popovers can be mixed with a rotary beater, an electric beater, or a blender.

3 eggs	1 cup sifted all-purpose
1 cup milk	flour
1 tablespoon melted butter	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{2}$ teaspoon baking powder

Preheat the oven to 425° F. (hot).

Beat the eggs until light ($\frac{1}{2}$ minute with an electric beater, 5 seconds in a blender). Add the milk and butter and then the dry ingredients, beating until the mixture is smooth and creamy. Fill large greased muffin pans a little less than half full. Place in the preheated oven and after 10 minutes reduce to 350° F. (moderate). Bake 40 minutes. If you like the insides dry, prick with a fork and leave them in the oven for an extra 5 minutes.

STRAWBERRY JAM

See page 142 for the homemade variety.

BREAKFASTS

Big Breakfast III

(Serves 3 to 10)

RASPBERRIES AND CREAM

Raspberries require no preparation other than seeing that they are free from leaves or other foreign matter. Don't wash the berries unless absolutely necessary. Serve with powdered sugar and heavy cream.

SWORDFISH STEAKS WITH BACON

- 1½ strips bacon per person
- ⅓ pound swordfish per person

Fry the bacon in a large frying pan until crisp. Drain on paper. Brown the swordfish on both sides in the bacon fat over a high heat. Line a heatproof serving platter with aluminum foil and brush it with bacon fat. Crumble half the bacon in an even layer on the foil. Place the swordfish on the bacon, pressing it down a little. Cover with the remaining bacon. Brush a second piece of foil with bacon fat and lay it on top of the fish, sealing the edges. Place in the refrigerator until ready to cook. Bake 40 minutes in a moderate oven (375° F.). Remove from the foil before serving.

BAKED TOMATO CUPS

- | | |
|-----------------------|------------------------|
| 1 tomato per person | sour cream (1 generous |
| salt, pepper, oregano | teaspoon per tomato) |
| | ½ teaspoon paprika |

BREAKFASTS

Choose firm medium-sized yellow or/and red tomatoes. Cut a hole in the top of each one and hollow out the seeds. Turn upside down on a wire rack to drain for 30 minutes. Place in a heatproof serving dish and season each one with salt, pepper, and a pinch of oregano. 15 minutes before serving, place in the oven with the fish, at 375° F. As you remove the tomatoes from the oven, fill the hollows with the sour cream, seasoned with paprika, salt, and pepper.

BUTTERED WHOLE-WHEAT TOAST

Have the toast buttered and ready to eat with the fish. The rolls serve as a kind of dessert and go perfectly with a second cup of coffee.

FOUR FRUIT JAM

See page 144.

CINNAMON SHERRY ROLLS

1 package dry yeast	3½ to 4 cups flour
¼ cup water	
1 cup milk	¼ pound butter
¼ cup butter	½ cup chopped pecans
¼ cup sugar	
1 teaspoon salt	1½ cups brown sugar
1 teaspoon cinnamon	5 tablespoons sherry
2 eggs	

Stir the yeast into the water and let stand. Heat the milk, the ¼ cup butter, sugar, salt, and cinnamon in a saucepan until the butter melts. Beat 2 eggs lightly in a large mixing bowl and add the milk mixture. Continue

BREAKFASTS

beating until lukewarm and add the yeast, beating for 30 seconds. Add half the flour and beat for 2 minutes. Add the remaining flour and beat 2 minutes more. The dough should be firm but not dry. Cover and let the dough rise 45 minutes. Knead down and place in the refrigerator for an hour.

Melt the $\frac{1}{4}$ pound butter and pour half of it into a round 3-inch cake pan. Sprinkle generously with brown sugar, pecans and, 2 tablespoons of sherry.

Turn the dough onto a marble or rolling board, lightly dusted with flour. Roll into a long rectangle with the long side near you. Spread with butter and brown sugar and roll up like a jelly roll. Paint the sides with a little butter and cut into pieces 1-inch thick. Place close together in the pan. Cover and let rise until doubled. Bake 20 minutes in moderate (375° F.) oven. Turn out immediately onto a large plate and put back in the oven for a few moments to glaze. Sprinkle the surface with a little more sherry. These may be eaten cold or reheated just before serving.



Lunches

Informal Summer Lunches

Unless a summer lunch is to be the main meal of the day or is taking the form of a party, it should require little work for the cook and even less for the dishwasher. Appetites ranging from the jaded hot-weather variety to the howling noonday hunger of the young and athletic can be catered to with the following menus. Three types of casual summer lunches have proved the most successful with our family and friends. One consists of a combination of hot soups and cold sandwiches and conversely, cold soups and hot sandwiches. Another is a broiler-sandwich lunch, and the fourth, which is a great favorite, features fresh green peas.

All these lunches are essentially prepared in the early morning or whenever convenient. Desserts are finger desserts—fresh fruit, cookies, or cakes, none of which require eating utensils. Beverages are a matter of preference, but coffee, tea (hot or cold), beer, milk, and milk shakes (for which there are some recipes at the back of this book) are the most popular. These are not picnic menus,

LUNCHES

but they are designed for porch or terrace eating, preferably near an electric outlet where a portable broiler and a coffee maker can be used.

COLD SOUP—HOT SANDWICHES

HOT SOUP—COLD SANDWICHES

Anybody can make a delicious and interesting soup by combining and seasoning canned or frozen soups. Chicken, pea, and tomato with a touch of curry is a delicious combination. Clam and chicken broths (separate or combined) topped with sour cream and sprinkled with chives are very good, and so is tomato juice and chicken bouillon spiced with basil. However, a summer soup freshly made is in a class by itself. A soup tureen that can stand both heat and cold and is good-looking enough for both table and kitchen is a must for this kind of summer eating. Good soups should be made several hours in advance of serving.

§ MENUS §

I

Iced Cream of Crab
Baked Chicken Sandwiches

II

Spanish Gazpacho
French Toast Sandwiches

III

Cold Tomato Cheddar Soup
Salami Bake-and-Serve Rolls

LUNCHES

IV

Green Vichyssoise
Shrimp Toasts

V

Summer Corn Soup
Corned Beef and Radish Sandwiches

VI

Spicy Fresh Vegetable Bouillon
Chicken Liver on Rye Sandwiches

VII

Mussel Bisque
Cucumber and Red Onion Sandwiches

Cold Soup—Hot Sandwiches I

ICED CREAM OF CRAB

(Serves 6)

1/2 pound crabmeat	1 pint cream
2 teaspoons scraped onion	1 small cucumber, diced
1 teaspoon salt	2 tablespoons chopped
1/4 teaspoon white pepper	parsley
1/2 teaspoon paprika	red vegetable coloring
2 teaspoons lemon juice	(optional)
4 cups hot chicken broth (homemade or canned)	

Reserve some of the pink claw meat for garnish.
Combine the crabmeat and seasonings with 2 cups of the

LUNCHES

hot broth and spin in a blender for 30 seconds. Add the mixture to the remaining broth and simmer 10 minutes. Set aside to cool. If you do not have a blender, chop the crabmeat very fine with the seasonings and simmer 20 minutes in the broth before cooling. Mix the crab mixture with the cream in a serving tureen and refrigerate for several hours. Dice the claw meat and cucumbers and chop the parsley and store all in the refrigerator.

TO SERVE Stir the soup for a minute, tasting to be sure that it is well seasoned. If the soup is too pale, add a few drops of red vegetable coloring. Add a few ice cubes and garnish the top with the diced claw meat, cucumbers, and parsley.

BAKED CHICKEN SANDWICHES

These sandwiches can be made in quantity and frozen, or they may be made a day or two in advance if a busy weekend is coming up. If frozen, allow 30 minutes for baking. Otherwise, 15 minutes in a hot oven (400° F.) will suffice.

- | | |
|-------------------------------|-------------------------|
| 12 slices firm white bread | 1/2 teaspoon onion salt |
| soft butter | 1 teaspoon lemon juice |
| 2 cups chopped cooked chicken | salt and black pepper |
| 1 small can chopped mushrooms | |

Spread slices of firm white bread with butter. Combine the chicken, mushrooms, and seasonings with 2 tablespoons of butter, just enough to make a spread. Season highly. Spread a thick layer of filling between two slices of bread and make the sandwich. Spread the outside with a thin layer of butter and wrap each sandwich in aluminum foil. Bake in the foil.

LUNCHES

Cold Soup—Hot Sandwiches II

SPANISH GAZPACHO

(Serves 6)

- | | |
|---|---|
| 1 pound loaf French or
Italian bread | $\frac{1}{2}$ teaspoon paprika
$\frac{1}{4}$ teaspoon black pepper |
| 5 large tomatoes | |
| 1 medium-sized cucum-
ber | <i>Garnish</i> |
| 2 onions | 3 hard-cooked eggs |
| 3 cloves garlic | 1 small cucumber, diced |
| 1 green pepper | 1 small red pepper,
minced |
| $\frac{1}{2}$ cup olive oil | green scallions, chopped |
| $\frac{1}{3}$ cup red wine vinegar | chopped parsley |
| 2 cups tomato juice | croutons |
| $1\frac{1}{2}$ teaspoons salt | |

Slice the bread in thick chunks and cover with cold water for 5 minutes. Meanwhile peel the tomatoes, cucumber, onions, and garlic. Cut them in chunks into the blender and add half the green pepper, seeded and cut into pieces. Squeeze the water out of the bread and add this to the mixture. Spin in the blender until well mixed. Remove the top and add the oil gradually as you would for mayonnaise. Pour the mixture into the soup tureen and thin with vinegar and tomato juice or, if you prefer, with water. Season well with salt, pepper, and paprika. If you do not have a blender, chop the vegetables very fine and then mix with the bread, oil, vinegar, and seasonings. Chill several hours. The garnish is served in separate bowls around the tureen. The rest of the green pepper is minced and combined with the red pepper. A lazy gourmet can limit himself to the croutons and one other garnish and still maintain a reputation.

LUNCHES

FRENCH TOAST SANDWICHES

These sandwiches can be made early in the day and the batter may be mixed in advance. They are cooked just before serving.

2 cups chopped ham	$\frac{1}{2}$ cup milk
mayonnaise	$\frac{1}{4}$ teaspoon salt
prepared mustard	$\frac{1}{8}$ teaspoon pepper
12 slices firm white bread	butter
2 eggs	

Combine the ham, mayonnaise, and mustard into a well-seasoned spread. Spread the mixture between slices of bread and cut the sandwiches diagonally, trimming the crusts off or not as you like. Cover with wax paper and store in the refrigerator. Beat the eggs, milk, salt, and pepper until well blended. Just before serving, dip each sandwich into the batter and fry in sizzling butter until golden brown on both sides.

Cold Soup—Hot Sandwiches III

COLD TOMATO CHEDDAR SOUP

This is good hot, but very good cold if made a day in advance.

(Serves 6)

$\frac{1}{4}$ pound butter	6 tablespoons flour
4 tablespoons chopped onion	3 cups milk
4 tablespoons chopped pepper	3 cups tomato juice
4 tablespoons chopped celery	1 cup grated cracker-barrel cheese
	salt and pepper

LUNCHES

Heat the butter in the top of a double boiler over a low flame. Add the chopped vegetables and cook for 10 minutes, stirring frequently. Sprinkle with flour and stir until the flour is well blended. Add half the milk and stir until thick. Add the remaining milk, the tomato juice, and the grated cheese. Stir until the mixture reaches the boiling point, and then cook over boiling water for 30 minutes. Stir occasionally so that the cheese will be well mixed with the other ingredients. Season well with salt and pepper. Chill overnight in the refrigerator.

SALAMI BAKE-AND-SERVE ROLLS

- 1 dozen bake-and-serve rolls (white and whole wheat)
- $\frac{1}{2}$ cup chopped Italian salami
- butter

Hollow out a little of the center of each roll. Brush with butter and fill with a teaspoon of the chopped salami. Bake in a serving dish following the directions on package. Cover to keep warm.

Cold Soup—Hot Sandwiches IV

GREEN VICHYSOISSE

(Serves 8)

- | | |
|---------------------------------------|---------------------|
| 4 tablespoons butter | 2 cups fresh peas |
| $\frac{1}{2}$ cup sliced leeks (white | 1 small cauliflower |
| part) or shredded on- | 1 pint thin cream |
| ions | salt, pepper |
| 5 medium to large pota- | chopped chives |
| toes | |
| 6 cups chicken broth | |
| (homemade or | |
| canned) | |

LUNCHES

Heat the butter in a deep saucepan and cook the leeks or onions until they are soft. Slice the peeled potatoes into the pan and stir until coated with butter. Add the broth and when it boils add the peas and cauliflower. Season with salt and pepper. Cook, with the pan covered, until the vegetables are soft. Spin the mixture in a blender until smooth, or force it through a food mill. Pour into the soup tureen and stir in the cream. Chill in the refrigerator and sprinkle with chopped chives before serving.

SHRIMP TOASTS

(Serves 8)

white bread	2 tablespoons chopped
1 pound shrimp	scallions
1 cup mayonnaise	1 teaspoon lemon juice

Trim the crusts from the bread, cut in two, and toast lightly on both sides. If the shrimp are small, leave them whole; otherwise chop them coarsely. Combine with mayonnaise, scallions, and lemon juice. Season with salt and black pepper. All this can be done in advance. Before serving, spread the toast with the shrimp and broil until just heated through.

Hot Soup—Cold Sandwiches V

SUMMER CORN SOUP

(Serves 6 to 8)

3 cups corn	$\frac{3}{4}$ teaspoon salt
1 onion, sliced thin	$\frac{1}{8}$ teaspoon pepper
3 tablespoons butter	1 cup sour cream
6 cups milk	chopped parsley
$\frac{1}{2}$ teaspoon celery salt	

LUNCHES

Scrape the raw corn into the top part of a double boiler by scoring it with the sharp tines of a fork. Press the cob with the back of the fork to express the milk. A package of frozen corn can be used as a substitute, but it isn't the same, somehow. Combine this with the onion and butter and cook over direct heat very slowly for 10 to 15 minutes. Spin the mixture in a blender with 1 cup of milk, return it to the top part of the double boiler, and add the rest of the milk, the salts, and the pepper. Cook over boiling water for 30 minutes. If you do not have a blender, add all the milk to the corn and cook 45 minutes before forcing it through a food mill or strainer. Just before serving, stir in the sour cream and sprinkle with chopped parsley.

CORNERD BEEF AND RADISH SANDWICHES

thin-sliced white or	sliced cornerd beef
whole-wheat bread	radishes, thinly sliced
$\frac{1}{2}$ cup soft butter	black pepper
1 to 2 teaspoons grated	
horseradish	

Spread the bread with a combination of butter and horseradish. Place cornerd beef on half the slices. Cover with a layer of very thinly sliced radishes. Sprinkle with black pepper and close the sandwiches, pressing the top slices down firmly. Arrange the sandwiches on a platter, cover, and store in the refrigerator.

LUNCHES

Hot Soup—Cold Sandwiches VI

SPICY FRESH VEGETABLE BOUILLON

(Serves 8 to 10)

8 tomatoes	1 basil leaf
6 stalks of celery (with leaves)	2 sprigs of thyme
3 carrots	several sprigs of parsley
2 large onions	2 teaspoons salt
2 cloves garlic	1 teaspoon sugar
2 green peppers	lemon slices
2 cups green beans	fresh tarragon leaves, chopped
1½ small cabbage	2 tablespoons butter

Wash the vegetables carefully, but do not peel any of them except for the onions and garlic. Cut in large chunks into a deep skettle. Cover with water (spring water, if possible), bring to a boil, and simmer with the herbs, salt, and sugar for 3 hours. Strain through a colander. Season and reheat. Just before serving stir in the butter, add the lemon slices, and sprinkle the top with the chopped tarragon leaves.

CHICKEN LIVER ON RYE SANDWICHES

1½ pint chicken livers	1⅓ cup walnuts, chopped
2 tablespoons butter	mayonnaise
2 tablespoons sherry	butter
	thin-sliced rye bread
	lettuce leaves

Sauté the chicken livers in the butter just long enough to cook them through. Add the sherry and cook until the wine disappears. Put in a small wooden bowl and cool. Chop rather fine, add the nuts, and bind with mayonnaise.

LUNCHES

Season well with salt and black pepper. Spread the sandwiches when serving, using a light film of butter on the bread, crisp green lettuce leaves, and a good thick spread of the chicken liver mixture. These make excellent open sandwiches.

Hot Soup—Cold Sandwiches VII

MUSSEL BISQUE

(Serves 6)

2 quarts mussels	$\frac{1}{4}$ teaspoon black pepper
2 tablespoons shredded onion	1 cup water
2 stalks of celery, broken into pieces	1 cup wine
1 bay leaf	6 tablespoons butter
1 pinch of thyme	6 tablespoons flour
4 sprigs of parsley	2 cups milk
	1 cup cream
	Worcestershire sauce

Wash the mussels and scrape off the beard. Place in a pan with the onions, celery, herbs, pepper, water, and wine. Cover and steam over a low flame until the mussels open, which is only a matter of a few minutes. Any mussels that do not open readily should be discarded. Drain off the liquor into a bowl and allow the sediment to settle. Let the mussels cool enough to remove easily from shells. Melt the butter in the top part of a double boiler over direct heat. Stir in the flour; when well blended, add the milk. Stir until smooth and add the mussel liquor, taking care that none of the sediment gets into the bisque. Add the cream and reheat. Add the mussels. If they are small, leave them whole; otherwise cut them with a scissor. Season well with salt, pepper, and a dash of Worcestershire sauce. Some mussels are saltier than others, so taste before seasoning.

LUNCHES

CUCUMBER AND RED ONION SANDWICHES

Thin-sliced whole-wheat bread	fresh-ground black pepper
whipped butter	1 cucumber
salt	1 red onion

Spread the bread generously with whipped butter or any other good fresh butter. Sprinkle lightly with salt, but be a bit heavy-handed with the pepper. Put thin slices of cold cucumber and red onion between the slices of bread and cut into thirds.

BROILER-SANDWICH LUNCHES

Broiler sandwiches are the one-slice-of-bread variety, the component parts of which can be prepared in advance and later assembled and popped under the broiler on demand. A small portable broiler makes this an excellent patio or porch lunch. Paper plates are in order, and with a beverage like cold milk or a milk shake, iced coffee or tea, or well-chilled beer, nothing is called for except a piece of fruit or a finger dessert to complete a lunch fit for family and guests; and look Ma—no dishes! The bread bases as well as the toppings can be varied. White or dark bread and English muffins should be lightly toasted, but this too can be done ahead of time. Here are a few suggestions. Others will occur to you.

White Bread Sandwiches

Butter, chopped parsley, whole small sardines, lemon juice
Butter, chopped cooked chicken livers, crumbled crisp bacon

LUNCHES

Chopped onions and mushrooms, lightly sautéed in butter
and mixed with mayonnaise and chopped parsley
Chopped shrimps mixed with mayonnaise and finely
minced garlic

Dark Bread Sandwiches

Butter, mustard, boiled ham, Swiss cheese, onion ring, and
slice of tomato
Minced cold lamb or beef mixed with soft butter and
catsup

Italian Bread (sliced $\frac{3}{4}$ -inch thick)

Butter, Mozarella cheese, salami (sliced thin), anchovy
fillets, all spread with a film of canned tomato sauce

English Muffins

Butter, country cheese, precooked bacon strips, and sliced
black olives

Finger Dessert Cookies

FUDGE SQUARES

(20 large squares)

2 squares (2 ounces)	2 eggs
baking chocolate	1 teaspoon vanilla
$\frac{1}{4}$ cup soft butter	$\frac{1}{4}$ cup flour
1 cup sugar	$\frac{1}{2}$ cup chopped walnuts

Preheat oven to 300° F. (slow).

Melt the chocolate in a measuring cup placed in

LUNCHES

boiling water. Remove from the stove to cool. Place the butter, sugar, eggs, and vanilla in a bowl and beat hard for 2 minutes with the electric beater. Add the chocolate, flour, and walnuts and mix until blended. Spread in a 10-inch-square buttered baking dish and bake 35 minutes.

FILLED MOLASSES COOKIES

(2 dozen cookies)

These require a little more work than some cookies but they serve as a dessert and are always popular.

$\frac{1}{2}$ cup soft butter or
margarine

5 tablespoons sugar

1 egg

$\frac{2}{3}$ cup molasses

1 tablespoon baking
powder

$\frac{1}{2}$ teaspoon salt

$2\frac{3}{4}$ cup sifted all-purpose
flour

1 teaspoon cinnamon

Filling

1 4-ounce jar diced can-
died orange peel

$\frac{1}{2}$ cup chopped walnuts

2 tablespoons butter

2 tablespoons brown
sugar

2 tablespoons cream

Beat the butter, sugar, and egg together vigorously for 1 minute. Stir in the molasses. Sift a combination of the baking powder, salt, flour, and cinnamon into the bowl and beat until well mixed. Cover and place the bowl in the refrigerator to chill.

For the filling, boil the orange peel, walnuts, butter, brown sugar, and cream together for 5 minutes and cool completely.

Preheat the oven to 375° F. (moderate).

On a lightly floured surface, roll out the cookie dough to a thickness of $\frac{1}{8}$ inch. Cut in large circles of $2\frac{1}{2}$ to 3 inches in diameter, using a water glass or cookie cutter.

LUNCHES

Put a small portion of the filling on each of half the cookies. Cover with the remaining half. Press the edges together and slash the surfaces in a few places. Bake 10 minutes.

SAUCEPAN BUTTERSCOTCH PECAN BARS

(24 bars)

6 tablespoons butter	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups light brown sugar	$1\frac{1}{2}$ teaspoons baking powder
1 tablespoon sherry	
$\frac{3}{4}$ cup sifted all-purpose flour	2 eggs
	$\frac{1}{2}$ cup chopped pecans

Preheat oven to 350° F. (moderate).

Melt the butter in a saucepan and add the sugar and sherry. Stir over moderate heat until the sugar is thoroughly dissolved. Set aside to cool while preparing an 8-by-12-inch pan by greasing it and dusting it with flour. Combine the sifted flour, salt, and baking powder. Beat the eggs into the lukewarm sugar mixture, one by one, and then sift the dry ingredients into the saucepan. Mix until thoroughly blended and add the nuts. Spread into the pan and bake 35 minutes. Cut into 24 bars.

JUMBO SUGAR COOKIES

(14 to 18 cookies)

$\frac{3}{4}$ cup soft butter or margarine	$1\frac{1}{4}$ cups flour
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon lemon extract	$\frac{1}{2}$ teaspoon baking powder
1 egg	granulated sugar
1 egg yolk	

Preheat oven to 375° F. (moderate).

LUNCHES

Beat the butter and the $\frac{3}{4}$ cup of sugar with an electric beater until soft and fluffy. Add the extract, egg, and egg yolk and beat thoroughly. Sift the flour, salt, baking powder, into the bowl and mix until blended. Drop by large tablespoonfuls onto greased baking sheets, allowing 2 inches between each cooky. Press almost flat with the floured bottom of a drinking glass and sprinkle with granulated sugar. Bake 10 minutes.

APRICOT CASHEW BARS

(18 bars)

1 cup dried apricots	$\frac{2}{3}$ cup sugar
1 slice lemon	1 egg
$\frac{1}{2}$ cup water	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups sifted flour
$\frac{1}{2}$ cup chopped cashew nuts	1 teaspoon baking powder
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon salt

Preheat the oven to 400° F. (hot).

Boil the apricots, lemon, and water for 10 minutes in a covered saucepan. Add the sugar and boil 1 minute longer. Spin the mixture in a blender to make a purée, or chop very fine. Add the nuts and cool.

Cream the butter and sugar with the electric beater. Beat in the egg and vanilla, and finally the combination of flour, baking powder, and salt.

Pat the dough $\frac{1}{8}$ -inch thick in a well-buttered shallow pan. Cover with the apricot mixture and bake 20 minutes. Cool and cut into bars.

LUNCHES

THE IDEAL SUMMER LUNCH

This lunch—or supper—eaten on a beautiful summer day by people who really like fresh peas is an experience that should be enjoyed often during the short pea season. The sandwiches and raspberry cups will be ready and waiting, but the peas are not cooked until the last moment.

§ MENU §

Fresh Peas

French Ham Sandwiches *or* Lobster Salad Rolls

Chilled Alsatian Wine

Raspberry Cups

Coffee

FRESH PEAS

The peas are gathered as shortly before lunch time as possible. While apéritifs are being served, everyone shucks his pound of peas (a minimum amount for this meal). While the guests take a quick preprandial swim or lazily sip another drink, the peas boil merrily in salted water for 15 minutes, or slightly longer if the peas are large. The peas are drained and returned to the stove for just a moment with a generous amount of heavy cream or butter, salt, and black pepper. The peas are served in bowls and eaten with a spoon.

If peas are not freshly picked, add a little sugar to the boiling water— $\frac{1}{2}$ teaspoon sugar per pound of peas.

FRENCH HAM SANDWICHES

Slice French or Italian bread quite thin. Spread with unsalted butter and Dijon mustard (imported or home-

LUNCHES

made, p. 137). Put several paper-thin slices of boiled ham between two slices of bread and press together firmly. Cover, and refrigerate until ready to serve.

LOBSTER SALAD ROLLS

2 cups cooked lobster meat	2 teaspoons chopped ca- pers
½ cup homemade mayon- naise (p. 136)	½ cup diced celery

frankfurter rolls

Dice the lobster meat, but not too fine. Mix well with mayonnaise, capers, and celery. Slit the top of the rolls without cutting them through. Spread the slits with a little butter and heat the rolls shortly before serving. Fill the rolls with the lobster mix at the last moment or at the table.

RASPBERRY CUPS

Make pie pastry according to directions on page 142, or combine a package of piecrust mix with 4 tablespoons of light cream. Let rest 15 minutes in the refrigerator. Roll out quite thin and cut into 2½-inch rounds. Lightly grease the backs of small muffin tins and drape the circles over them, pressing them into place and pricking them well with the sharp tines of a fork. In a hot oven (450° F.), bake 8 minutes or until golden brown. Cool slightly before removing them from the tins. Fill each cup with raspberries. Heat raspberry-and-currant jelly (p. 143) until it is liquid. Cool slightly and then spoon into the cups. Keep in a cool place. Small raspberry cups can be eaten as a finger dessert. Larger ones require plate and fork and can be embellished with whipped cream and almonds.

LUNCHES

Summer Luncheon Parties

Lunch becomes a luncheon party when you invite guests for a midday meal and serve it at a table. Summer is a wonderful time to harmonize table decorations with the food you serve, because the garden flowers of June, July, and August seem naturally sympathetic to the fresh foods of the summer months. Because it is a party, a first course is in order, but whether it be an *apéritif* or a soup, it will save confusion if it is served elsewhere than at the table. None of these menus require last minute fussing.

The luncheon loaf for the first menu should be made a day in advance.

§ MENUS §

I

Frosted Daiquiris *or* Summer Bouillon on Ice
Cheese Sticks
Tomato Aspic Luncheon Loaf
Warm Anchovy Bread
Strawberry Cheese
Hot or Iced Tea

II

Dubonnet *or* Tomato Old Fashioneds
Pretzel Batons
Crabmeat Salad Bowl
Blackberry Muffins
Lemon and Lime Bombe
Hot Coffee

LUNCHES

III

Curried Fresh Mushroom Soup
Sesame Wafers
Cool Green Fruit Salad
Toasted Blue Cheese Rolls
French Sauterne or California Semillon
Frosted Angel Cake
Coffee

IV

Fresh Pea and Cauliflower Soup
Cold Salmon with Sour Cream Sauce
Corn and Bacon Wafers
Strawberry Shortcake
Iced Tea

Luncheon Party I

(Serves 4 to 6)

FROSTED DAIQUIRIS

Proportions:

$\frac{1}{6}$ fresh lime juice	$\frac{4}{6}$ Bacardi rum
$\frac{1}{6}$ sugar syrup (equal parts sugar and water, boiled 5 minutes)	1 cup cracked ice

Place all the ingredients in a blender and spin for 15 seconds or until smooth. The same proportions can be shaken in a cocktail shaker and strained into the cocktail glasses, which should be thoroughly chilled.

LUNCHES

SUMMER BOUILLON ON ICE

- | | |
|------------------------------------|-------------------|
| 1 quart chicken broth | 1 pint clam juice |
| 1 tablespoon fresh tarragon leaves | 1 fresh lime |

Simmer the broth with the tarragon leaves in a covered pan for 20 minutes. Strain into a pitcher and add the clam juice. Chill. Serve in small cups with a sliver of fresh lime in each cup.

CHEESE STICKS

- | | |
|--------------------------------------|-------------------------------|
| 1 package piecrust mix | $\frac{1}{4}$ teaspoon ginger |
| 4 tablespoons grated Parmesan cheese | 4 tablespoons cream Paprika |

Mix the ingredients—it takes 5 seconds with an electric beater. Place in the refrigerator for 15 minutes. *Preheat the oven to 450° F.* (very hot). Roll the dough on a lightly floured surface. Cut into strips, $\frac{1}{2}$ inch wide and 3 inches long. Sprinkle lightly with paprika. Bake on a buttered baking tin for 10 minutes. Remove from pan when partially cooled. These may be stored in a covered canister for several days.

TOMATO ASPIC LUNCHEON LOAF

- | | |
|--------------------------------------|-------------------------------|
| 3 tablespoons gelatine | 1 cup diced celery |
| 1 large can (46-ounces) tomato juice | 1 jar stuffed olives |
| 1 teaspoon sugar | 4 hard-cooked eggs |
| 1 teaspoon Worcestershire sauce | garden lettuce |
| salt and pepper | <i>Sauce</i> |
| $\frac{1}{4}$ pound boiled ham | 1 cup sour cream |
| sliced cooked chicken or turkey | 1 cup mayonnaise |
| | 3 tablespoons chopped parsley |

LUNCHES

Stir the gelatine and sugar into 1 cup of tomato juice and heat to the boiling point, stirring to dissolve the gelatine. Remove from the stove and stir in the rest of the juice. Season with the Worcestershire sauce, salt, and pepper, and pour a layer of $\frac{1}{3}$ inch into the bottom of a lightly oiled long loaf tin. Place in the refrigerator to jell. While the aspic is setting prepare the fillings.

Slice the ham and chicken paper-thin. If you do not have leftover chicken or turkey on hand, poach a large chicken breast 30 minutes in $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup white wine, with half a bay leaf and a little salt. Cool before slicing. Dice the celery quite fine and slice the olives in half lengthwise. Make an egg salad mixture by chopping the eggs and mixing with mayonnaise, mustard, salt and pepper. The mixture should not be too moist.

Place the olives, cut side down, on the aspic. Cover with $\frac{1}{2}$ inch of tomato aspic and return to refrigerator to set. Next make a layer of ham, then egg, then chicken, and finally celery, alternating each time with a layer of the aspic and giving it time to set.

TO SERVE Dip the pan in hot water and turn upside down onto a long platter. Surround with crisp lettuce leaves and garnish with the sauce made by combining mayonnaise, sour cream, and parsley.

WARM ANCHOVY BREAD

Cut a French loaf into $\frac{1}{2}$ -inch slices, cutting all the way through. Mix 1 teaspoon anchovy paste with 4 tablespoons of soft butter. Spread each slice lightly with the mixture. Re-form into a loaf and wrap in aluminum foil. 15 minutes before serving, place the loaf in a moderately warm oven and heat the bread thoroughly.

LUNCHES

STRAWBERRY CHEESE

This is a simplified version of the French *coeur à la crème*.

- | | |
|---------------------------|---------------------------------------|
| 1 ½ pounds cottage cheese | 1 quart strawberries, preferably wild |
| 1 pint light cream | |
| ½ teaspoon salt | 1 cup sugar |
| 2 tablespoons sugar | |

Beat the cheese smooth in a blender or electric mixing bowl. Add the cream gradually. Season with salt and sugar. Place in a colander and, with a dish under the colander to catch the whey that will drip from the cheese, store the cheese overnight in the refrigerator. If you are unable to gather wild strawberries, which are the perfect compliment to this dessert, use cultivated berries. Wash, hull, and slice the strawberries, saving a few whole for decoration. Mix with the sugar and cover tightly. Chill in the refrigerator.

TO SERVE Unmold the cheese onto a round platter, smoothing the surface with a dull knife. Decorate with whole strawberries and serve the strawberry sauce in a separate bowl.

Luncheon Party II

(Serves 4 to 6)

DUBONNETS

Dubonnet may be poured over cracked ice in stemmed glasses or may be combined with gin ($\frac{1}{3}$ gin to $\frac{2}{3}$ Dubonnet), shaken with ice, and then strained into cocktail glasses.

LUNCHES

TOMATO OLD FASHIONEDS

- | | |
|---------------------|-----------------------------|
| 3 cups tomato juice | few drops Angostura bitters |
| 1 can beef consommé | basil leaf |
| | lemon slices |

Mix the juice and consommé with a few drops of bitters. Pour over ice cubes in old fashioned glasses. Garnish with a sliver of basil leaf and thin slices of lemon.

PRETZEL BATONS

- | | |
|---------------------------------|------------------------------|
| 1 large package cream
cheese | 1 teaspoon soy sauce
milk |
| 6 thin slices salami | pretzel sticks |

Mix the cheese with the salami, chopped very fine, the soy sauce, and enough milk to make a stiff paste. Roll into small balls between the palms of your hands, washing your hands frequently in cold water to prevent sticking. Place on serving dish and store in the refrigerator. Shortly before serving, stick each one with a pretzel stick.

CRABMEAT SALAD BOWL

- | | |
|----------------------------------|--|
| 1 pound crabmeat | 1 tablespoon lemon juice |
| 2 cups diced boiled potatoes | 4 tablespoons salad oil
salt and pepper |
| 2 teaspoons onion juice | $\frac{1}{2}$ cup mayonnaise |
| $\frac{1}{2}$ cup diced celery | $\frac{1}{2}$ cup sour cream |
| 3 tablespoons chopped
parsley | 1 small jar red caviar
lettuce leaves |

Set aside some of the pink claw meat. Examine the crab to be sure there are no filaments. Combine the potatoes, onion juice, and celery with the parsley, lemon juice, and oil. Season well with salt and pepper. Toss with the

LUNCHES

crab and smooth into a dome shape in the bowl. Cover with a mixture of the mayonnaise and sour cream. Arrange the claw meat on the top of the dome, alternating the meat with small spoonfuls of red caviar. Chill in the refrigerator. Before serving, make a ring of crisp lettuce leaves around the edge of the salad.

BLACKBERRY MUFFINS

1 cup blackberries	1½ cups sifted all-purpose flour
¼ cup all-purpose flour	
¾ teaspoon salt	2 eggs
2 teaspoons baking powder	¾ cup milk
	¼ cup melted butter

Preheat oven to 400° F. (hot).

Dredge the berries in ¼ cup sifted flour. Combine the salt, baking powder, and 1½ cups of flour into a large measuring cup. Beat the eggs and add the milk and butter. Sift the dry ingredients into the liquid and add the berries. Mix with as few strokes as possible. Don't worry about lumps. Fill buttered muffin pans or paper muffin cups ⅔ full. Bake 20 minutes. If it is easier to prepare these ahead of time, place the baked muffins in a heat-proof serving dish. Cover with aluminum foil and reheat in a very hot oven (425° F.) for 5 minutes before serving.

LEMON AND LIME BOMBE

1 pint lime sherbet	2 tablespoons crème de menthe
½ pint lemon sherbet	
½ pint heavy cream, whipped	2 tablespoons chopped candied lemon peel

Line a 1-quart mold with lime sherbet, smoothing it evenly with the back of a spoon. Smooth a layer of lemon

LUNCHESES

sherbet on top of that. Combine the cream with the crème de menthe and the lemon peel and place in the center. Close the mold tightly and place it in the freezing compartment of the refrigerator for at least 6 hours. Dip the mold in a pan of hot water for a few seconds before unmolding it onto a dessert platter. This can be done before the guests arrive if there is room in the freezing compartment for storing the platter.

Luncheon Party III

(Serves 6)

CURRIED FRESH MUSHROOM SOUP

½ pound mushrooms	1 quart chicken broth
1 small onion	1 cup cream
4 tablespoons butter	salt and pepper
1 teaspoon curry powder	

Melt the butter in the top part of a double boiler over direct heat. Slice the mushrooms, stems and caps, and the onions into the butter. Add the curry powder and cook over a moderate flame, stirring frequently until the moisture disappears. Spin in a blender with a cup of chicken broth for 10 seconds, or force the mixture through a food mill. Combine with the rest of the broth and the cream in the top part of the double boiler and reheat over simmering water. Season well with salt and pepper. Serve in cups. You won't need a spoon.

SESAME WAFERS

Serve these as they come from the package, or butter them lightly and heat.

LUNCHES

COOL GREEN FRUIT SALAD

1 honeydew melon	<i>Fruit Salad Dressing</i>
2 avocados	1 cup mayonnaise
1 can unsweetened grape- fruit sections	1 cup sour cream
1 1/2 cups white seedless grapes	1/4 cup apricot juice
fresh mint	2 tablespoons sugar
	3 tablespoons lemon juice
	1/2 teaspoon salt

Halve the melon and remove the seeds. Pare and cut the melon into thin crescents. Do the same thing with the avocados. Arrange the melon and avocado on a glass or china platter. Pour some of the juice from the grapefruit over the melon and pear. Make a border of the grapefruit sections around the melon and pear, and edge that with the grapes. Garnish with mint leaves. Cover and chill in the refrigerator.

Combine the ingredients for the dressing in a small serving bowl and chill before serving.

TOASTED BLUE CHEESE ROLLS

- 1 loaf thin-sliced white bread
- soft butter
- 4-ounce jar blue cheese spread

Trim the crusts off 6 slices of bread and roll each slice very thin with a rolling pin. Spread with a thin coating of butter and with the cheese. Roll up and seal with a little soft butter. Place seal side down on a buttered heatproof serving dish, and paint each roll with a little melted butter. Store in the refrigerator. Before serving, bake 10 minutes in a moderate (375° F.) oven or until golden brown.

LUNCHES

FROSTED ANGEL CAKE

- | | |
|--|---|
| 1 large angel cake (bought or made from a mix) | |
| 1 teaspoon butter | 1½ to 1¾ cups sifted confectioners' sugar |
| 2 tablespoons hot coffee | |
| ¼ teaspoon salt | ½ cup semisweet chocolate bits |

Combine the butter and hot coffee with the salt and stir until the butter melts. Beat in enough sugar to give a thin icing. Spread on the cake. When the icing has set, dribble melted chocolate bits over the icing.

Luncheon Party IV

(Serves 8)

FRESH PEA AND CAULIFLOWER SOUP

- | | |
|---------------------------|----------------------------------|
| 3 tablespoons butter | 2 cups water |
| 1 medium-sized onion | 1 cup concentrated chicken broth |
| 2 cups fresh shucked peas | 1 cup milk |
| 1 small head cauliflower | 1 cup light cream |
| 1½ teaspoons salt | 2 tablespoons chopped parsley |
| ¼ teaspoon white pepper | |

Melt the butter in the top part of a double boiler over direct heat. Shred the onion into the butter and cook without browning for 3 minutes. Add the peas, the flowerets cut from the cauliflower, salt, pepper and water. Cook for 15 to 20 minutes or until the vegetables are soft. Spin the vegetables and the liquor in an electric blender or force them through a food mill. Return the purée to the top part of the double boiler and add the remaining ingredients. Cook 30 minutes over hot water. This can be made in advance and reheated before serving.

LUNCHES

COLD SALMON WITH SOUR CREAM SAUCE

2 cups water	2 cloves
2 cups dry white wine	3½ pounds salmon
½ cup white wine vinegar	garden lettuce
1 large onion, sliced	2 cucumbers
½ bay leaf	
2 sprigs thyme	<i>Sauce</i>
3 or 4 sprigs parsley	1 cup sour cream
celery leaves	1½ cups mayonnaise
2 teaspoons salt	2 teaspoons chopped dill
4 peppercorns	

Bring the liquids, onion, herbs, and spices to a boil in a large saucepan. Cover and simmer 30 minutes. Wrap the fish (preferably the tail end of the fish) in a piece of toweling or cheesecloth and lower it into the simmering broth. Poach 30 minutes or 8 minutes per pound. Lift the fish from the broth and let it drain before removing it from the cloth. Scrape off the skin carefully and split the salmon along the backbone, removing the bone. When thoroughly cool, place the fish rounded sides up on a platter. Spread the surface with the sauce and surround with lettuce and crisp cucumber slices.

Sauce: Mix the sour cream, mayonnaise, and dill, saving out just a little dill to sprinkle on the surface.

CORN AND BACON WAFERS

(2 dozen large wafers)

1 cup yellow cornmeal	2 tablespoons butter
1½ cups boiling water	6 slices of bacon, cooked
1 teaspoon salt	crisp and crumbled

Preheat oven to 450° F. (hot).

Pour the cornmeal into the boiling water and add the salt and butter. Stir until thick. Add the bacon and mix

LUNCHES

well. When cool, drop the mixture from a teaspoon onto buttered baking sheets, and spread them thin with a spatula. Bake for 5 minutes, turning them over for the last minute so that they brown on both sides. To serve warm, reheat in the oven for a minute or two before serving.

STRAWBERRY SHORTCAKE

2 cups flour	$\frac{1}{2}$ to $\frac{3}{4}$ cup milk
1 tablespoon baking powder	$1\frac{1}{2}$ cups cream, whipped
$\frac{1}{4}$ cup sugar	4 tablespoons soft butter
$\frac{1}{2}$ teaspoon salt	6 cups strawberries
$\frac{1}{4}$ cup butter	$1\frac{1}{2}$ cups sugar

Preheat the oven to 425° F. (hot).

Put the flour, baking powder, sugar, and salt into a mixing bowl. Slice the butter over the surface and, with an electric beater or a fork, cut the butter into the flour mixture. Add the milk gradually, using just enough to make the dough stick together. Turn onto a floured piece of wax paper and divide into two parts. Pat each part into a round to fit a 10-inch round pan. Place one round into the well-buttered pan. Spread with half of the soft butter and place the other round on top. Bake 12 minutes. This may be done in advance and reheated, although the texture is best if served fresh out of the oven.

Wash and hull the berries. Save out several for the top. Cut the rest of berries in half and sprinkle with sugar. Cover. The fruit should be served at room temperature—not chilled.

TO SERVE Split the shortcake. Spread the lower half with the rest of the butter. Cover with fruit and place the top part over the bottom. Cover with the rest of the fruit and with the whipped cream. Garnish with the reserved berries. Serve at once.



A Summer Smorgasbord

Designed for Ten People

The summer smorgasbord can be as bountiful and as elegantly or simply presented as you like, but all the dishes should be essentially light in character, in contrast to many winter favorites. The main requisite for the preparation of such a feast is a well-cleared refrigerator, since everything is made in advance and the majority of the dishes are served cold. Guests are urged to refill their plates several times in order not to make their plates so overloaded as to become unappetizing.

Accompanying drinks are strictly a matter of preference. To be traditional, one should down a little aquavit to begin with, but for summer smorgasbords ice cold beer or ale or a well-chilled rosé wine seem the best complements. A combination of dark pumpernickel bread, sliced very thin, and homemade water rolls is my choice for breads, but any assortment of good bread is appropriate.

The following recipes are designed for ten people; however, with a minimum of eight of these dishes, including a hot dish, fifteen will not go hungry.

A SUMMER SMORGASBORD

Shrimp Bouquets	Cod Brandade
Pâté Maison	Deviled Egg Mold
Seafood Shortcake (Hot)	Jellied Tongue à la Mode
Stuffed Mushrooms (Hot)	Potato Cucumber Salad
Saffron Rice Ring (Hot)	Fish Fillet Salad
Veal Kidneys, Dijon (Hot)	Asparagus Plate
English Platter	Vinaigrette Tomatoes
Lobster Mousse	Green and White Choux
Fish in Boxes	Salad
Chipped Beef Rolls	Stuffed Cucumber Salad
Relishes, Radishes, Carrot and Celery Sticks, Olives	
Homemade Water Rolls (page 141)	

Desserts

Watermelon Bowl	Frosted Chiffon Spice Cake
Hot Coffee or Hot Tea	

SHRIMP BOUQUETS

This is just a novel way of serving shrimp cocktails; however, set out on a large platter or tray they make a very effective addition to a smorgasbord. The ideal containers are brandy glasses, but stemless cocktail glasses or even 3-ounce paper water cups make excellent substitutes.

2 pounds shrimp, cooked	1 teaspoon lemon juice
1 cup mayonnaise	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup tomato catsup	$\frac{1}{8}$ teaspoon black pepper
1 teaspoon horseradish	1 clove garlic, minced
1 teaspoon soy sauce	lettuce or watercress

The shrimp should not be too large. Preferably they should be shelled and veined before poaching 4 to 5 minutes in simmering salted water. Frozen or canned shrimp are equally adaptable to this recipe. Combine the mayon-

A SUMMER SMORGASBORD

naise with the catsup, horseradish, soy sauce, lemon juice, salt, pepper, and garlic and mix well.

Fill the glasses one third full with finely shredded lettuce leaves or watercress leaves. Hang the shrimp around the rims of the glasses and put a tablespoon of the sauce in each glass. Keep cold until time for serving.

PÂTÉ MAISON

1½ pound fat salt pork	4 tablespoons chopped
1½ pound lean pork	parsley
1 pound baby beef or	4 tablespoons brandy
calves' liver	3 tablespoons flour
1 onion	2 eggs
2 tablespoons butter	4 strips of bacon
1 clove garlic, minced fine	1 bay leaf
1 teaspoon salt	
1½ teaspoon each powdered	
sage, oregano, and	
pepper	

Ask the butcher to grind the salt pork and lean pork very fine. If this is not possible, put it through your meat chopper, using the finest blade. Soak the liver in salted water for an hour before chopping it up as fine as possible. Shred the onion into heated butter and cook until the onion is soft. In a wooden bowl, combine the meat, onion, garlic, salt, and spices. Add the brandy and mix well. Let stand 30 minutes. Stir in the flour and then the eggs. Line a bread loaf tin with bacon. Split the bay leaf and place it on the bacon. Fill the pan with the pâté and place in a pan of boiling water. Cover the pâté with 2 thicknesses of aluminum foil. Bake 1 hour in a moderate (350° F.) oven. Remove from the oven to cool, placing on top of the foil another bread pan weighted with stones or anything else heavy that's convenient. Chill thoroughly.

A SUMMER SMORGASBORD

TO SERVE Unmold onto a platter. Slice part of the loaf in very thin slices, leaving the rest to be cut as needed. Garnish with parsley.

SEAFOOD SHORTCAKE

This can be assembled in the kitchen and kept warm on a hot tray; or the hot biscuits can be kept in a bun warmer and the sauce served from a chafing dish.

- | | |
|--|-------------------------------------|
| 10 baking powder biscuits | 2 cans condensed mushroom soup |
| 3 tablespoons butter | |
| 2 tablespoons chopped onion | 1½ tablespoons Worcestershire sauce |
| 3 cups combination lobster meat, shrimps, and crabmeat | 2 tablespoons Madeira or sherry |
| 2 tablespoons brandy | 2 teaspoons tomato paste |
| 1 can chicken broth | 2 tablespoons sliced black olives |
- parsley

Prepare the biscuits from a package mix or according to your favorite recipe. Bake and cool. Reheat before serving.

Heat the butter in the top part of a double boiler and sauté the onion over a moderate heat. When the onion is yellow add the seafood and stir until coated all over with butter. Add the brandy and touch it with a lighted match. Stir until the flame disappears. Add the remaining ingredients and stir gently until blended. Cook over simmering water for 30 minutes. Season with salt and pepper. This dish is better if it stands for a few hours.

TO SERVE Split and butter the biscuits. Put a good helping of the sauce on the lower half of the biscuit. Top with the upper half and put just a little sauce over the top. Garnish with parsley.

A SUMMER SMORGASBORD

STUFFED MUSHROOMS

20 large mushrooms	3 tablespoons sherry
4 tablespoons butter	salt and pepper
1 tablespoon chopped onion	$\frac{1}{4}$ teaspoon oregano
	fine bread crumbs
$\frac{1}{4}$ pound chicken livers	1 tablespoon butter

Wash the mushrooms and remove the stems from the caps. Place the caps in a buttered heatproof serving dish. Chop the stems very fine in a wooden bowl. Melt 2 tablespoons of butter and sauté the mushrooms with the chopped onion for 5 minutes. Sauté the chicken livers in another pan in 2 tablespoons of butter for 3 minutes, turning them once. Add the sherry and cook for a minute longer. Put the livers with the butter in the wooden bowl and chop fine. Add the mushroom mixture and blend well. Season highly with salt, pepper, and oregano. Cool before putting the mixture in the caps. Cover each one with a coating of bread crumbs and dot each one with a bit of butter.

Bake 20 minutes in a hot (400° F.) oven. Keep hot while serving.

SAFFRON RICE RING

1-pound package long grain rice	2 cups chick broth
6 tablespoons butter	$\frac{1}{4}$ teaspoon powdered saffron
1 large onion, chopped	3 cups fresh peas
1 pound Polish or Italian sausage	$\frac{1}{2}$ cup grated Parmesan cheese

Boil the rice in a large pan of salted water for 17 minutes. Drain and rinse with cold water. Meanwhile sauté the onion in butter along with the sausage, cut into $\frac{1}{4}$ inch slices. When the onions are soft, add the broth and

A SUMMER SMORGASBORD

saffron and simmer for 10 minutes. Combine the rice with the sausage and broth, and salt and pepper to taste. Pack into a buttered ring mold. Cover, and bake (at once or later) for 25 minutes at 325° F. (moderate).

TO SERVE Unmold the ring onto a platter and fill the center with freshly cooked peas. An even easier version is to combine the cooked peas with the rice and sausage mixture and let them bake with the rice. In either case, sprinkle the rice with Parmesan cheese just before serving.

VEAL KIDNEYS, DIJON

4 veal kidneys	1½ teaspoons Dijon mustard (see page 137)
4 tablespoons butter	
2 tablespoons chopped onion	½ cup Madeira wine
	2 cups cream
1 small can water chestnuts	

Free the kidney of any filament and fat. Cut into small pieces. Sauté in the butter along with the chopped onion. Do not overcook. Add the chestnuts, sliced thin; after mixing well, add the mustard, wine, and cream. Heat, but do not let the cream boil. If made in advance, reheat over hot water. Serve in patty shells or on toast.

ENGLISH PLATTER

Traditionally, an English platter is made up of cold roast beef, cold poultry, and boiled ham, sliced thin and arranged on a silver platter; if these meats are more than the local market can provide or the pocketbook afford, an assortment of salami, bologna, liverwurst, and prosciutto will do. Arrange the meat attractively and garnish with sprigs of parsley. One or two kinds of mustard should be served with any assortment of meat.

A SUMMER SMORGASBORD

LOBSTER MOUSSE

This makes a little lobster go a long way. If possible, prepare in a lobster mold; if none is available, any mold or bowl will do.

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|--------------------------|-----------------------|
| 1½ cups lobster meat | 4 tablespoons sherry |
| lemon juice, salt, and | garden lettuce |
| pepper | artichoke hearts |
| 1 cup cold chicken broth | black olives |
| 1 tablespoon gelatine | basic French dressing |
| 3 egg yolks | (p. 135) |
| 1 cup heavy cream | |

Chop the lobster meat as fine as possible, or pulverize it in the blender with half the chicken broth. Season with a little lemon juice, salt, pepper, and sherry and let stand while preparing the mousse. Sprinkle the gelatine into the chicken broth and heat until the gelatine has dissolved. Beat the egg yolks in the top of a double boiler. Add the chicken broth, stirring constantly, and cook over hot water until the mixture begins to thicken. Add the lobster mixture and continue cooking for 3 minutes, still stirring. Check for seasoning. At this point it *should* seem slightly overseasoned. Chill until thick but not firm. Beat the cream stiff and fold into the lobster mixture. Fill a slightly oiled mold. Refrigerate for at least 6 hours.

Make a lettuce *chiffonade* by rolling up several leaves of lettuce into a tight roll and snipping it into thin strips with a pair of kitchen scissors. Marinate, in basic French dressing (p. 135), a can of artichokes or a package of frozen artichokes, cooked according to the directions given on the package.

TO SERVE Unmold the lobster onto a platter. Surround with the lettuce and garnish with the marinated artichoke hearts and black olives.

A SUMMER SMORGASBORD

FISH IN BOXES

Provide two or three kinds of canned fish—anchovies, herring fillets, sardines (imported and domestic) and tuna fish. Roll back the tops neatly. Place together on a platter with small serving forks. Leave the anchovies and herring ungarnished; put a few slivers of lemon on the boxes of sardines and a little chopped onion and parsley on the tuna fish.

CHIPPED BEEF ROLLS

Packaged dried beef can be bought almost everywhere in neat square-cut slices. They make the preparation of this pretty dish a matter of a very few minutes. It is often advisable to double the recipe.

- | | |
|-----------------------|---------------------------|
| 1 package dried beef | 1 teaspoon Worcestershire |
| 1 large package cream | sauce |
| cheese | mayonnaise |
| | parsley |

Lay the dried beef squares out in a row. If the beef is cut very thin, use two slices. Blend the cheese with the Worcestershire sauce and enough mayonnaise to make a smooth paste. Spread the cheese over two thirds of the square. Roll each one up and place a sprig of parsley in each end. Chill before serving.

COD BRANDADE

- | | |
|-----------------------------|-----------------|
| 1 pound salt cod | 1 cup cream |
| $\frac{3}{4}$ cup olive oil | black pepper |
| 2 large cloves garlic | chopped parsley |

Cover the salt cod with cold water and soak 2 to 3 hours. Drain. Cover with fresh water and boil gently for 15 minutes. Break the drained cod into small pieces

A SUMMER SMORGASBORD

into the blender. Heat the olive oil, into which the garlic has been pressed, for just a few moments. It should not be more than slightly warmer than lukewarm. Spin the blender, adding the oil in a slow but constant stream. Add the cream in the same manner. The result should be a smooth light mixture. Season with black pepper and mound on a platter. Cover with chopped parsley; serve with melba rounds.

DEVEILED EGG MOLD

1 dozen eggs	1 teaspoon mustard
1 large can tomato juice (46-ounce)	$\frac{1}{2}$ cup heavy cream salt and pepper
3 tablespoons gelatine	4 tablespoons chopped sa- lami
1 teaspoon celery salt	mayonnaise

Boil the eggs 12 minutes and plunge into cold water. Meanwhile heat 1 cup of the tomato juice with the gelatine until the gelatine dissolves. Add the celery salt and combine with the rest of the juice. Pour $\frac{1}{2}$ inch layer of juice into a large round pan and chill to set.

Peel the eggs and halve them lengthwise. Remove the yolks and force them through a strainer, mash them well with a fork, or spin them in the blender. Season with dry mustard and heavy cream, salt and pepper. The mixture should be thick and smooth. Add the salami and mix well. Stuff the eggs, making the stuffing flat with the egg whites.

Around the edge of the pan, place the eggs rounded side down on the tomato aspic, to make a border. Place the remaining eggs, cut side down, to fill the center. Pour the rest of the juice very carefully over the eggs. Chill several hours.

TO SERVE Unmold the pan by dipping it momen-

A SUMMER SMORGASBORD

tarily in hot water and turning upside down on a round platter. Surround with crisp lettuce leaves filled with mayonnaise.

JELLIED TONGUE À LA MODE

- | | |
|------------------------------------|------------------------------------|
| 1 16-ounce jar beef tongue | 1 cup boiled sliced carrots |
| 1 can jellied madrilène | 2 tablespoons chopped pars-
ley |
| 2 tablespoons Madeira or
sherry | tarragon leaves |
| | lettuce leaves |

Arrange the beef sliced very thin on a small platter. Combine the tongue jelly with the undiluted madrilène and the wine, and heat just until it is all blended into a smooth liquid. Cool. Meanwhile arrange the carrots, chopped parsley, and tarragon leaves as prettily as possible on the beef. Spoon the liquid jelly carefully over the carrots, using just enough to fix the carrots to the meat. Chill for 10 minutes. Spoon the rest of the liquid over the meat and pour any left over into a small pan. Chill the meat and the remaining jelly.

TO SERVE Surround the platter with crisp lettuce leaves and garnish with diamond shapes of jelly. Have a small jar of horseradish nearby.

POTATO CUCUMBER SALAD

- | | |
|-----------------------------------|---------------------------|
| 8 medium-sized potatoes | 1/2 teaspoon black pepper |
| 2 cucumbers | 1 cup mayonnaise |
| 2 tablespoons chopped on-
ion | 1 teaspoon dry mustard |
| 3 tablespoons tarragon
vinegar | anchovy fillets |
| | stuffed olives |
| 1/2 cup olive oil | cherry tomatoes |
| 1 teaspoon salt | curly endive |

A SUMMER SMORGASBORD

Scrub the potatoes and boil until just tender. Peel off the skin and dice the potatoes. Pare and dice one of the cucumbers and mix with the potatoes along with the onion, vinegar, oil, salt, and pepper. Let stand at least 30 minutes. Mix the dry mustard with the mayonnaise. Add to the potatoes just enough mayonnaise to bind them. Heap onto a small platter in a dome shape, and cover with a thin layer of mayonnaise. Do not pare the remaining cucumber, but shred it right over the salad in a fairly thick coating. Drape the anchovy fillets over the sides of the salad, letting them meet at the center top. Surround the base of the salad with the curly endive garnished with stuffed olives and cherry tomatoes.

FISH FILLET SALAD

2 pounds white fish fillets	1/2 cup basic French dressing (p. 135)
1 large onion	salt and pepper
2 teaspoons salt	homemade mayonnaise
2 tablespoons vinegar	(p. 136)
6 cups cooked vegetables (peas, beans, carrots, etc.)	2 teaspoons chopped dill
	2 teaspoons lemon juice
1/2 cup diced celery	anchovy fillets
4 tablespoons chopped parsley	

Fill two shallow pans half full with water. In each one place two thin slices of onion, a teaspoon of salt, and a tablespoon of vinegar. Bring the water to a boil and simmer 5 minutes before carefully placing the fish fillets in the water. Simmer just until the fish is tender. This will only take 5 to 8 minutes, depending on thickness of the fish. Remove the fish from the water to several thicknesses of paper towel. Cool. Divide into small serving portions.

A SUMMER SMORGASBORD

Mix the vegetables, celery and parsley in $\frac{1}{2}$ cup of French dressing, adding the rest of the onion, chopped fine. Season well with salt and pepper. Make the mayonnaise; add the chopped dill, which has been soaked for 5 minutes in the lemon juice. Add just enough mayonnaise to the vegetables to bind them. Spread the vegetables on the bottom of a large nonmetal platter in a rectangular shape. Cover the vegetables with the fish fillets. On each one place a thin strip of anchovy fillet. If you have a pastry tube, outline the fish fillets with mayonnaise; if not, put little dollops of mayonnaise here and there on the salad.

Serve with a side bowl of mayonnaise.

ASPARAGUS PLATE

2 large bunches of asparagus	1 teaspoon onion juice
	2 tablespoons blue cheese
<i>Sauce</i>	$\frac{1}{2}$ cup olive oil
2 egg yolks	1 teaspoon salt
2 tablespoons tarragon vinegar	$\frac{1}{2}$ teaspoon cracked pepper
	canned pimiento

Boil the asparagus in a shallow pan in very little salted water for 10 to 12 minutes, or just until tender. Drain and cool.

Crush the eggs with a silver fork and work them into the vinegar. Add the remaining ingredients and mix well. Chill in the refrigerator in a small serving bowl.

TO SERVE Place the bowl of sauce in the center of a round platter. Arrange the asparagus in small bunches of three or four stalks and place them in spoke fashion around the platter. Garnish each bunch with a strip of red pimiento.

A SUMMER SMORGASBORD

VINAIGRETTE TOMATOES

- | | |
|-------------------------|--------------------------|
| 10 to 12 small tomatoes | 1 large clove garlic, |
| tarragon French dress- | minced |
| ing (p. 135) | 10 to 12 tarragon leaves |
| | chopped parsley |

Wash, but do not peel, the tomatoes. Arrange on a long glass or china dish and cut each one down from the top in 5 or 6 slices; do not cut through the base. Keep in a cool place. Make the dressing and add to it the minced garlic. Chop the tarragon leaves or snip them with scissors and prepare the parsley.

TO SERVE Spoon the dressing over each tomato and sprinkle the surface with the tarragon and parsley.

GREEN AND WHITE CHOUX SALAD

- | | |
|----------------------------|-----------------------------|
| 1 large head cauliflower | 2 teaspoons chopped chives |
| 1 bunch broccoli | 1 clove garlic, minced (op- |
| 1 cup mayonnaise | tional) |
| 1 teaspoon chopped tarra- | lettuce leaves |
| gon | |
| 1 tablespoon chopped pars- | |
| ley | |

Trim the cauliflower and cook, stem side down, in boiling salted water for 15 minutes. Drain upside down in a colander and cool. In the same water cook the broccoli for 5 minutes. Drain and cool. Combine the mayonnaise, tarragon, parsley, chives, and garlic to make the dressing.

Place the cauliflower in a shallow bowl. Cut off the broccoli flowers, leaving only about 1½ inch of stem. Insert the broccoli flowerets into the cauliflower head. Surround the head with the lettuce leaves. Put just a little of the sauce on the cauliflower and serve the rest in a side dish.

A SUMMER SMORGASBORD

STUFFED CUCUMBER SALAD

- | | |
|------------------------------|------------------------|
| 6 cucumbers | 1 small jar red caviar |
| ½ pound cottage cheese | basic French dressing |
| 4 tablespoons chopped chives | (page 135) |

Pare the cucumbers and split them lengthwise. With a teaspoon, hollow out the seeds and enough of the cucumber to leave a fairly large cavity. Combine the cheese, chives and red caviar and mix well. Stuff the cucumbers with the mixture. Serve on a bed of lettuce leaves. Have a bowl of French dressing nearby for those who want it. A nice variation to this is the addition of ½ cup of fresh crabmeat to the stuffing.

WATERMELON BOWL

- | | |
|------------------------|------------------------------------|
| ½ large watermelon | 1 pint lemon sherbet |
| 1 small honeydew melon | 2 cups dry white wine or champagne |
| 1 cantaloupe | |
| ½ lemon | 2 cups blueberries |
| ¾ cup sugar | mint leaves |

Using a potato ball scoop, make small melon balls out of the watermelon, honeydew, and cantaloupe. Place them in a bowl and mix with the juice of half a lemon and the sugar. Cover and keep in the refrigerator. Since few refrigerators will accommodate a watermelon, scoop out all the pink remnants, wipe the watermelon shell as dry as possible, and keep it in the coolest available place. Using the same scoop, make sherbet balls and keep them in the freezing compartment.

TO SERVE Fill the melon shell with the combined melon balls and sherbet balls. Pour the wine or champagne over the fruit and strew the surface with blueberries and a few mint leaves.

A SUMMER SMORGASBORD

FROSTED CHIFFON SPICE CAKE

- | | |
|---------------------------------------|--|
| 1 cup egg whites (6 to 8 eggs) | $\frac{2}{3}$ cup water |
| $\frac{1}{4}$ teaspoon salt | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup white sugar | 1 teaspoon cinnamon |
| 2 cups twice-sifted all-purpose flour | $\frac{1}{2}$ teaspoon powdered ginger |
| 3 teaspoons baking powder | $\frac{1}{2}$ teaspoon nutmeg |
| | $\frac{1}{2}$ teaspoon cloves |
| 1 cup light brown sugar | <i>Frosting</i> |
| $\frac{1}{2}$ teaspoon salt | 1 cup heavy cream |
| $\frac{1}{2}$ cup salad oil | $\frac{3}{4}$ cup confectioners' sugar |
| 5 egg yolks | 2 tablespoons sherry |

Preheat oven to 350° F. (moderate).

Beat the egg whites stiff with the salt and fold in the white sugar. In another bowl, using the same beater, mix all the other ingredients and then beat vigorously for 3 minutes. Pour into a large unbuttered angel cake tin and bake 45 to 50 minutes, or until the top of the cake springs back if you touch it. Invert to cool and do not remove from pan until cold. Beat the sugar and cream together and add the sherry. Spread thickly over the cake.



Picnics

Picnics should have two characteristics besides the important one of being wonderfully good to eat. They should be easily transportable and readily disposable. Getting ready for a picnic is fun, but the postpicnic contentment and lethargy make clearing up an awful chore. Some families have every gadget dreamed up by man to make picnics as comfortable as a meal in a dining room, but all this equipment tends to make a picnic more work than fun. Basic necessities include insulated containers to keep cold things cold and hot things hot. Everything else can be packed into cartons and shoe boxes that, once used, can be consigned to the fire or the briny deep. Covered containers of cardboard and aluminum foil are invaluable for picnics. These can be found in stores selling packaging for frozen foods. Disposable dishes and eating utensils are worth every cent they cost.

This chapter includes several types of picnics, including some for young people, others for just grownups, and some for when the family is on the road.

PICNICS

Picnics for Young People

These picnics, one a cook-out and the other fireless, are for young people of all ages. If the picnickers are young enough to require supervision, the menu will appeal to the grownups too. Simple food and lots of it is the basic rule for these picnics.

§ MENUS §

I

(with a fire)

Wonderburgers
Mustard Relish Catsup
Foil-Roasted Corn
Fresh Peaches Marshmallows
Soda in Cans

II

(without a fire)

Chicken in a Box
Potato Chips
Lettuce and Mint Jelly Sandwiches
Surprise Cupcakes
Strawberry Frappés

Picnic for Young People I

(with a fire)

No parents in their right minds would let their young build outdoor fires without having taught them the fundamentals and safety precautions, so we will only add a word

PICNICS

of caution: start the fire early enough to allow the fuel (charcoal, briquets, or wood) to die down to a glowing bed of coals before starting to cook. Individual hamburger broilers or a large grill or frying pan with a long-handled spatula are all that is needed in the way of cooking equipment. A large saltcellar and a pepper mill should always be near meat, even on picnics.

WONDERBURGERS

Allow $\frac{1}{2}$ pound of good hamburger for each person. For every pound, mix in 2 teaspoons grated onion, 2 teaspoons prepared mustard, $\frac{3}{4}$ cup of sharp country cheese, grated coarsely, 2 teaspoons of salt and $\frac{1}{2}$ teaspoon cracked black pepper. When thoroughly blended, divide into patties ready for broiling. Cut wax paper into squares. Stack the patties in a convenient container, putting 2 layers of paper below each patty.

TO COOK Grill the patties over hot coals, browning them quickly on both sides first, and then cook, turning often, until the meat is done according to taste. The patties may be cooked in a frying pan which has been liberally sprinkled with salt. Have the condiments nearby for those who want them; however, for most people these burgers are sufficiently seasoned.

FOIL-ROASTED CORN

Husk the corn and wrap in well-buttered double thicknesses of aluminum foil. Roast over the hot coals 20 to 25 minutes, turning once. The person who deals these out should have gloves on to protect his hands. Extra butter and little wooden spreaders should be available for those who want it, and individual saltcellars are a great help.

The rest of the meal needs no explanation; but don't forget the marshmallows to cook over the dying embers.

PICNICS

Picnic for Young People II

(without a fire)

CHICKEN IN A BOX

Since fingers are the best picnic tools, chicken legs seem perfect for this recipe. Persuade the store manager to sell you some of the deep cardboard boxes used in most markets today. Each person should have his own box. Allow one chicken leg for the very young; most picnic appetites require two.

8 to 12 chicken legs	$\frac{1}{8}$ teaspoon black pepper
1 cup flour	1 teaspoon Flavor Salt
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ cup butter

Preheat the oven to 350° F. (moderate).

Inspect the legs for pinions, but do not wash them. Put in a paper bag, add the flour and seasonings, and shake well to coat the legs. Melt half the butter in an ovenproof pan and brown the chicken on both sides on top of the stove. Bake in the oven for 45 minutes, basting frequently with the remaining butter. Turn the legs just once. Drain the legs on a wire rack. Line the cartons with wax paper and put the chicken legs in the boxes. Fill all the crevices with potato chips and cover with clear plastic wrap. Keep refrigerated until time for departure.

LETTUCE AND MINT JELLY SANDWICHES

Spread white bread with butter and mint jelly (p. 144) and make the sandwiches with very crisp lettuce leaves between the slices. Pack in a shoe box or other carton and keep cool. Allow two whole sandwiches for each picnicker.

PICNICS

SURPRISE CUPCAKES

These should be made a day in advance.

4 tablespoons butter	$\frac{1}{4}$ teaspoon salt
1 cup sugar	2 eggs
$1\frac{3}{4}$ cups all-purpose flour	milk
$2\frac{1}{2}$ teaspoons baking powder	marshmallow fluff
	maraschino cherries
$\frac{1}{2}$ cup cocoa	

Preheat the oven to 375° F. (moderate).

Cream the butter and sugar with the electric beater. Sift and mix the dry ingredients. Break the eggs into a measuring cup and add enough milk to make 1 cup. Add to the butter and sugar alternately with the dry ingredients beating constantly, until the batter is very smooth. Line large muffin tins with paper cups, fill with batter, leaving room for expansion, and bake 25 minutes. Remove the cups from the pan to cool the cakes. When cool, cut a hole with a sharp knife in the center of each cake and scoop out the center without breaking the top of the center. Put a little marshmallow fluff in each center, then a pitted maraschino cherry, and then more marshmallow fluff. Replace the top. Put each cake into an additional paper cup and pack them all into a box. This will make 12 cakes.

STRAWBERRY FRAPPÉS

2 eggs	2 quarts milk
$\frac{1}{4}$ cup strawberry syrup	1 quart strawberry ice cream
$\frac{1}{2}$ cup sugar	
2 teaspoons vanilla	

Beat the eggs well. Add the syrup, sugar, vanilla, and milk; when well blended, add the strawberry ice cream,

PICNICS

beating until thick and creamy. Pour into a wide-mouthed gallon thermos jug, along with a few ice cubes. Shake the jug a little before serving. Pour into large (12-ounce) paper cups and hand out straws. This will serve 10 people.

Picnics for Adults

Adult picnics should have a slightly sophisticated air to make them different from family picnics. Both these seem to do the trick. They are designed for eight people, but are easily adjustable.

§ MENUS §

I

(with a fire)

Home-Bottled Martinis
Barbecued Mussels and Shrimps
French Bread
London Broil on Toast Russian Salad
Green Apple Turnovers Country Cheese
Coffee

II

(without a fire)

Planter's Punch
Tomalley Canapés
Maine Lobster Stew
Ham and Chicken Rolls Raisin Coleslaw
Pineapple Sticks
Coffee
Chocolate Peppermints

PICNICS

Picnic for Adults I

(with a fire)

HOME-BOTTLED MARTINIS

Using 3 parts gin to 1 part dry French vermouth, make enough martinis for the party. Pour them into a 1- or 2-quart bottle. Just before leaving put the bottle in the center of an insulated cooler or an ordinary pail. Surround the bottle with ice cubes, filling the pail two-thirds full. Nestle the appropriate number of cocktail glasses—the stemless sturdy type—in the ice, as well as a small jar containing a garnish—lemon twists, onions, or olives. Cover with a layer of ice.

BARBECUED MUSSELS AND SHRIMPS

Canned mussels and shrimps can substitute for the fresh if absolutely necessary.

2 quarts mussels	$\frac{1}{2}$ cup dry white wine
1 to 2 pounds shrimps (depending on size)	$\frac{1}{2}$ cup catsup
	1 teaspoon fresh thyme
<i>Barbecue Sauce</i>	3 teaspoons salt
	$\frac{1}{2}$ teaspoon cracked pepper
2 cloves garlic, minced	$\frac{3}{4}$ cup olive oil
2 tablespoons lemon juice	

Beard and scrub the mussels and steam them in a covered saucepan with a cup of water until the mussels open. Drain and cool. Shell the mussels and place them in a covered container.

Shell the shrimp and put in another container.

Combine the ingredients of the sauce and mix thoroughly. Add enough to each container of shellfish to marinate them. Keep in the refrigerator. Put the rest of

PICNICS

the sauce in a wide-mouthed covered jar. Take along a small brush with the jar of sauce.

At the picnic: Alternate the shrimps and mussels on the small skewers that are sold for lacing poultry. Brush with the oil that will have settled on top of the barbecue sauce. Cook over hot coals or under a broiler. Serve with thin slices of French bread to catch the sauce. Some people may want to brush more sauce over the shellfish.

LONDON BROIL ON TOAST

2 to 3 pounds flank steak (1 pound will serve 3 or 4 of most appetites) tenderizing salt	$\frac{1}{4}$ -inch slices of French bread Dijon mustard (p. 137) butter, salt, and black pepper
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Before leaving for the picnic, sprinkle both sides of the meat with tenderizing salt. Place the meat in a grill.

At the picnic: Toast the bread over the coals before cooking the steak; spread the bread with a film of mustard.

Grill the meat quickly about $1\frac{1}{2}$ inches away from the coals, allowing 4 minutes to each side. Place the meat on a slab of wood and spread with butter, salt, and pepper. Cut it with a very sharp knife in thin slanting slices, cutting against the grain. Serve on the toast.

RUSSIAN SALAD

3 cups cooked mixed vegetables (fresh, canned, or frozen)	boiled dressing (p. 137) or cottage cheese dressing (p. 138)
1 cup diced cucumbers	2 tablespoons chopped parsley
2 tablespoons scraped on- ion	
$\frac{1}{2}$ cup basic French dress- ing (p. 135)	

PICNICS

Marinate the cooked vegetables, cucumbers, and onion in French dressing, placing in the refrigerator for at least an hour. Drain and mix with either boiled or cottage cheese dressing. Pack into individual cardboard containers with lids. Smooth the surface and sprinkle with parsley. Cover and keep cold. To be really efficient, scotch-tape a wooden fork or spoon to each cover.

GREEN APPLE TURNOVERS

pie pastry (p. 142), or 1	4 tart green apples
package pastry mix	sugar
plus 4 tablespoons	cinnamon
light cream	butter

Prepare the pie pastry, or mix the pastry mix with the cream until it forms a ball. Let rest for 15 minutes. Roll the dough into a long rectangle and cut into 8 squares or rectangles. Peel and core the apples, and slice them directly onto half of each piece of pastry, leaving a little margin around the edge. Sprinkle the apples with sugar and cinnamon and dot with a little butter. Wet the edges and seal in the fruit. Place on a baking sheet and bake 15 minutes in a hot oven (450° F.). Cool before packing into sandwich bags; put a generous slice of country cheese in each package.

Picnic for Adults II

(without a fire)

PLANTER'S PUNCH

(Serves 2 cocktails apiece for 8)

1 pint Bacardi rum	3 tablespoons sugar
1 pint gin	orange slices
8 limes	maraschino cherries

PICNICS

Mix the rum, gin, and the juice of the limes mixed well with the sugar. Pour into a bottle that will serve as a shaker and pack for the picnic as in the recipe for Martinis (p. 67). Include a jar containing orange slices and maraschino cherries for garnish.

MAINE LOBSTER STEW

6 chicken lobsters	cayenne
$\frac{1}{2}$ cup butter	1 pint cream
2 quarts milk	pilot crackers
salt and pepper	

Boil the lobsters in a large kettle of mildly salted fresh water, allowing 15 to 20 minutes after the water returns to a boil. When a feeler is easily detached they are done. Remove from the water, but do not discard the water. When the lobsters are cool enough to handle, take out the meat from the claws and the tails. From the body, carefully remove the tomalley (the green liver), reserving it for use in the canapés (below), and pick out as much of the meat as possible. Put the shells back into the water and cook until the water boils down to a quart. Cut the meat into fairly small pieces.

Melt the butter in the top part of a large double boiler and sauté the lobster over direct heat until golden in color. Add the milk, the strained lobster liquor, salt, pepper, and a pinch of cayenne. Cook over simmering water for 30 minutes. Remove from the heat and let stand for several hours. This will greatly enrich the flavor. Reheat over hot water, and add the cream and whatever seasoning is necessary. Pour the hot stew into a preheated wide-mouthed thermos jug. Take along pilot crackers, large coffee mugs, and spoons.

PICNICS

TOMALLEY CANAPÉS

- | | |
|----------------------------------|------------------------|
| $\frac{1}{4}$ pound fresh butter | 1 clove garlic, minced |
| tomalley | lemon juice and salt |

Combine the butter, tomalley, and garlic and work together with a fork. Season with lemon juice and salt. Pack into a covered jar. Keep refrigerated. At the picnic, spread the mixture on melba rounds.

HAM AND CHICKEN ROLLS

- | | |
|--------------------|-------------------------|
| 8 hard water rolls | 4 slices boiled ham |
| butter | 4 slices cooked chicken |
| mustard | |

Make water rolls (p. 141), or buy them. Split the rolls, spread with butter and mustard, and put boiled ham and cooked chicken between the halves. These are eaten along with the coleslaw.

RAISIN COLESLAW

- | | |
|---|------------------------------------|
| 1 large head of cabbage | 1 teaspoon sugar |
| 2 large carrots | salt and pepper |
| 1 tablespoon minced onion | 1 cup cottage cheese |
| $\frac{1}{2}$ cup basic French dressing | $\frac{1}{2}$ cup seedless raisins |
| | mayonnaise |

Shred the cabbage and carrots into a bowl. Cover with cold water and crisp in the refrigerator for an hour or longer. Drain the cabbage and carrots thoroughly. Add the remaining ingredients and mix well. Use only enough mayonnaise to bind the slaw. Pack into individual containers with covers; attach a wooden fork to each cover.

PICNICS

PINEAPPLE STICKS

Using an apple corer, carve out sticks from the pineapple, following the natural sections of the fruit as your guide. Do not pare the sticks, but trim off the core if it is very woody. Pack into a plastic container along with a half-inch layer of powdered sugar. When the bottle of drinks has been removed from the pail, put the container of pineapple sticks in with the remaining ice so that they will be refreshingly cold to eat.

Clambakes

On the Beach On the Rocks In the Back Yard

Clambakes used to be a specialty of New England, but now, thanks to airway express, they can be enjoyed anywhere within reach of an airfield by anyone sending an order to one of the enterprising Maine dealers who will ship lobsters and clams. No matter whether the bake is held on the rocks, on the beach, or in your own back yard, the menu is the same. The method of cooking will differ somewhat, but certain preparations in the kitchen will make the undertaking easier. Allow $\frac{1}{2}$ bushel of clams for 16 people and 1 lobster per person. Provide lots of butter.

§ MENU §

Soft Shell Clams

Lobsters

Corn Baked Potatoes

Butter

Kosher Dill Pickles Celery Sticks

Watermelon Slices

Beer, Root Beer, and Coffee

PICNICS

Kitchen Preparation

Husk the fresh-picked corn and scrub medium-sized potatoes. Put a small nail into each potato for quicker cooking. Wrap corn and potatoes in individual pieces of aluminum foil.

Chill the pickles in the refrigerator and pack them in two or three containers along with prepared celery sticks. Once the feast begins it's hard to move around, so several containers are better than one.

Pack a carton with dish towels for napkins, nut-crackers, wooden forks and butter spreaders, individual salt and pepper shakers, small foil dishes for melted butter, and a pan to melt the butter in.

In a pail or an insulated container place cans of beer and root beer with ice packed around them. Liquid refreshment is a must in this thirst-provoking meal.

On the Beach

Three hours before the clambake is to begin, dig a hole in the sand and line the hole with smooth rocks. Use smaller stones to fill in the cracks. Be sure your hole is above the tide line. Fill the hole with firewood and start a good fire; it will have to be kept alive for at least 2 hours, or until the rocks are sizzling hot. Be completely organized before getting ready to bake. One person should have an old wet broom, another a rake, and another a basket of wet seaweed. The lobsters, clams, and vegetables should be close at hand. The rocks must not be allowed to cool off. First remove the hot coals and ashes, sweep as clean as possible, and line the hole with wet seaweed. If possible put a piece of chicken wire over the seaweed. Put in the clams, then the lobsters, and finally the foil-wrapped vegetables. Cover immediately with a tarpaulin

PICNICS

or canvas, and fasten securely with pegs or stones. Let the pile steam for 60 to 75 minutes. When the clams are wide open, the clambake is ready to be eaten.

On the Rocks

Find a natural depression in the rocks, or a tight crevice. If necessary, fill the hole with small stones to make a level bottom; then follow the same system as that used on the beach.

In the Back Yard

An old-fashioned wash boiler is the best tool for a back-yard clambake. Line the kettle with the seaweed that always comes with the lobsters and clams. Put in the potatoes and corn. Cover well with seaweed. Put in a layer of lobster, then another layer of seaweed, and finally the clams. Cover with the remaining seaweed and put the cover on tightly. Allow 1½ hours for cooking.

Car Picnics

Car picnics are for the times when the family is on the road and not disposed to go to a restaurant. If the weather is bad or time is pressing, the picnic may have to be eaten on the run. This calls for filling but easy-to-eat sandwiches. If there's time to stop by the roadside, it's a wise parent who has crackers, nuts, or some other pacifier for hungry youngsters to gnaw while looking for a suitable spot. Places that will suit a whole family are few

PICNICS

and far between—it's easier to wait for a pleasant locale after the first hunger pangs are satisfied.

Since we are talking about summer, it's better to forget about mayonnaise, because in hot weather mayonnaise, combined with certain foods, can be dangerous if kept out of the refrigerator for very long. Besides, sandwiches made with mayonnaise tend to become soggy rather quickly.

Two litter bags, one for the front seat and one for the back, sturdy paper napkins, paper cartons of milk with straws or hot-drink paper cups for coffee, and individual saltcellars—all this packed in an insulated kit or a paper carton along with the food will take care of any carload.

It is much more relaxing to prepare a car picnic the day before departure. The following two menus have stood the test of experience.

§ MENUS §

I

Lamb Rolls
Sardine Butter Fingers
Cucumber and Carrot Sticks
Bananas Thin Mints
Milk or Coffee

II

Flavor-Salted Picnic Eggs
Special Tuna Sandwiches
Celery
Cheddar Chunks Early Apples
Chocolate Bars
Milk or Coffee

PICNICS

Car Picnic I

LAMB ROLLS

- | | |
|-----------------------------|-------------------------------|
| 4 to 6 frankfurter rolls | $\frac{1}{4}$ cup soft butter |
| 1 cup minced lamb | 1 tablespoon sweet pickle |
| 1 teaspoon prepared mustard | relish |
| | salt and black pepper |

Fill the rolls with a combination of the lamb, mustard, butter, and relish, well seasoned with salt and pepper. Stuff the filling in solidly and place each roll in an individual sandwich bag. Chill thoroughly before packing for departure.

SARDINE BUTTER FINGERS

- | | |
|------------------------------|-----------------------|
| 1 can boneless sardines | lemon juice |
| 1 teaspoon scraped onion | salt and pepper |
| 6 tablespoons whipped butter | thin-sliced rye bread |

Crush the sardines with a fork and work in the onion juice, butter, a little lemon juice, salt, and pepper. Spread thickly between slices of bread. Press the bread together and cut into $1\frac{1}{2}$ -inch strips.

CUCUMBER AND CARROT STICKS

Pare the cucumber and scrub the carrots clean. Cut into thin $\frac{3}{4}$ -inch strips and place in a plastic container that has a cover. Fill with water and store in the refrigerator. Shortly before departure, pour off the water and cover. These will be crisp when eaten on the road.

The bananas and thin mints, milk, and coffee need no directions, but do provide a good finish to this picnic.

PICNICS

Car Picnic II

FLAVOR-SALTED PICNIC EGGS

eggs

Flavor Salt

Boil the eggs 12 minutes. Crack and peel while still warm. Roll on a piece of wax paper sprinkled with Flavor Salt. When thoroughly cooled, wrap the eggs in wax paper.

SPECIAL TUNA SANDWICHES

1 large can tunafish

1 teaspoon anchovy paste

6 tablespoons butter

finger rolls

Work the butter and anchovy paste well into the tunafish. Few people will be able to detect the anchovy paste, but it makes a wonderful combination. Spread generously between halves of finger rolls. Allow at least two to a person.

CELERY

Cut the celery into thin stalks and crisp overnight in the refrigerator. Pack in a small plastic container. If the weather is very hot, add an ice cube or two to keep the celery cold.

Ready-cut Cheddar chunks, apples, and chocolate bars are all found at the grocery, but they shouldn't be left out of the picture when you're packing to go.

PICNICS

Boat Picnics

The boats we are talking about have no galleys aboard, so everything has to be toted. The first menu is for the days when the weather is cold and the fog is thick. This calls for hot food. The second menu is for those warm wonderful days when the wind is just right and you don't want to touch land all day long. This menu needs two insulated containers, both containing ice. One container is for solids, the other for liquids.

§ MENUS §

I

Blender Corn Chowder
Corned Beef on Rye Sandwiches
Cold Beer
Orange Wedges Jam Bars
Coffee

II

Vegetable Juice Cheese Crackers
Boiled Lobsters
Raw Broccoli
Mustard Mayonnaise
Bread and Butter Sandwiches
Nut Strips
Bottled Drinks Coffee

Boat Picnic I

(Serves 4)

A wide-mouthed thermos jug for the chowder, a thermos for coffee, two hot-drink paper cups apiece,

PICNICS

spoons, paper napkins, an insulated bag for beer, and the accompaniments for the coffee constitute the necessary equipment for this picnic.

BLENDER CORN CHOWDER

- | | |
|---------------------------|--------------------------|
| 1 large (16-ounce) can of | 3 tablespoons butter |
| cream-style corn | 3 tablespoons flour |
| 1 quart milk | 3 tablespoons diced salt |
| 3 thin slices onion | pork |

Combine the corn with 1 cup of milk, the onion, butter, and flour; spin 30 seconds. Heat in a pan with the rest of the milk. Meanwhile fry the pork until golden brown on all sides. Add the pork and a little of the pork fat to the chowder. Season well with salt and pepper. Pour into a thermos jug that has been rinsed out with boiling water.

CORNEB BEEF ON RYE SANDWICHES

- | | |
|------------------------|--------------|
| 8 slices corneb beef | horseradish |
| sweet butter | black pepper |
| onion rings (optional) | |
| rye bread | |

Place the corneb beef between slices of bread spread with butter and horseradish and sprinkle with black pepper. Add large onion rings for those who like them.

ORANGE WEDGES

Allow 1 orange per person. Cut each one into 8 wedges. Re-form the oranges and wrap them individually in wax paper. Pack them in with the beer cans. They are very refreshing, if cold.

PICNICS

JAM BARS

Bake these bars in 6-by-4-inch aluminum-foil baking tins. Many markets use these for displaying fish and poultry. Keep your eye out for them and save any you find; or buy them especially for summer baking.

4 tablespoons butter	$\frac{1}{4}$ teaspoon salt
4 tablespoons sugar	$\frac{1}{2}$ teaspoon baking powder
1 egg	
1 cup sifted all-purpose flour	raspberry jam cinnamon and sugar

Preheat the oven to 400° F. (hot).

Cream the sugar and butter together with the electric beater. Beat in the egg; when blended, add the flour, salt, and baking powder. Mix well. Divide the mixture and spread half of it in the buttered foil dish. Spread with a thick layer of jam. Shape and pat smooth the rest of the dough with your hands to make the top layer. Sprinkle with cinnamon and sugar and bake 20 minutes. When cool, cut into bars but do not remove from the pan. Cover with aluminum foil and pack.

Boat Picnic II

(Serves 4)

Insulated picnic bags are essential for this kind of picnic. In the first one there will be a can of vegetable juice and whatever liquid bottled goods the party is interested in. Since there is nothing as dehydrating as a day on the water, do not stint on beverages; include ginger ale and carbonated water. Pack as many ice cubes as possible into this container. Attach not one but two bottle openers to the handle of this bag.

In the second container, also containing ice cubes,

PICNICS

there should be a pint of vanilla ice cream buried at the bottom and on top of that the lobsters plus the containers carrying broccoli, dressing, and sandwiches.

A gallon jug of water and a thermos of coffee, napkins or dish towels to serve as napkins, and a large assortment of paper cups ranging from small to large (12-ounce) complete the picture.

VEGETABLE JUICE

Both the vegetable juice and the crackers are bought at the store; so the only preparation is to open the can and pour the juice over ice cubes in medium-sized paper cups.

BOILED LOBSTERS

Cook the lobsters the day before the picnic, so that they may be cooled overnight. Plunge the lobsters (weighing $1\frac{1}{2}$ pounds apiece) into a large kettle full of boiling sea water; if sea water is not available, allow 1 tablespoon of salt to every quart of water. After the water comes back to the boiling point, simmer 15 to 20 minutes. The Maine way of testing to see if a lobster is cooked is to pull off one of the feelers. If it is readily detached the lobster is cooked. Cool the lobsters and crack the claws so that you will need no implements on board. Refrigerate overnight.

RAW BROCCOLI

Cut off the broccoli stems, leaving just enough to serve as a small handle. Divide the tops into small pieces and soak them in ice water overnight. Drain and pack in a covered container.

PICNICS

MUSTARD MAYONNAISE

This is the dressing for both the lobster and the broccoli. Add a heaping teaspoon of dry mustard to a pint of homemade or bland commercial mayonnaise. Mix well and divide into four small containers—ideally small paper cups with fitted tops. The gourmet will not have to be told to add the green liver, or tomalley, from his lobster to the dressing; be sure to provide a little garlic salt.

BREAD AND BUTTER SANDWICHES

No comment, except to say that some people might like a ring or two of raw red onion in their sandwiches.

NUT STRIPS

3	tablespoons butter	$\frac{1}{2}$	teaspoon baking powder
$\frac{1}{2}$	cup brown sugar	$\frac{1}{2}$	cup flour
1	egg yolk	$\frac{1}{2}$	cup broken walnut meats
$\frac{1}{8}$	teaspoon salt		

Preheat the oven to 325° F. (moderate).

Heat the butter; with a little bit of it grease a 4-by-6 inch aluminum-foil baking case. Add the remaining ingredients to the butter still in the saucepan and stir until well mixed. Pour into the baking case and bake for 20 minutes. Cut into narrow strips, but leave in the pan.

AFTERNOON REFRESHER

You can make a variety of refreshing afternoon drinks with the ice cream still remaining in the second container. Ginger ale and vanilla ice cream makes a delicious combination, sometimes known as "horse's neck." A coffee or chocolate ice cream soda is also possible. This is what you bring the large (12-ounce) cups along for.



Evening Meals

Family Suppers

In summer time, a family is most apt to gather to eat together in the evening. Like all summer meals, family suppers must be flexible, mostly prepared in advance with little to do at the end of a hot day. Some meals are concocted from leftovers; properly extended and embellished, these can be masterpieces. Weather and circumstances will dictate as to whether you want a cold meal or a hot one. Here are some of both. All of them, with the exception of the last one, are designed for a family of four to six. Drinks are at the family's discretion.

§ MENUS §

I

Fish Salad with Green Sauce
French Fried Potatoes or Potato Chips
Chilled Tomato Slices
Blueberry Pie à la Mode

EVENING MEALS

II

Hot Tongue Platter
Vinaigrette Cucumbers
Italian Bread Provolone Cheese
Chianti
Chilled Grapes

III

Lamb Supper Salad
Refrigerator Rolls
Tarragon Wine Jelly
Chocolate Cream

IV

Ham and Asparagus Rolls
Tomato Wheels
Homemade Bread
Gooseberry Fool

V

One Bowl Chicken Salad
Toasted Cheese Muffins
Strawberries in Powdered Sugar

VI

Clams for Supper:
Steamed Soft Shell Clams *or*
Fried Clams in Beer Batter *or*
Clams in Herb Sauce
Old Fashioned Cole Slaw
Homemade Bread and Butter
Rhubarb Pie

EVENING MEALS

VII

Tarragon Beef and Avocado Salad
Cauliflower Ramekins
French Bread
Summer Sauce (Rhubarb and Strawberry)
Oatmeal Cookies

VIII

Veal and Zucchini Casserole
Acorn Squash
O-Salad
Sesame Anchovy Wafers

IX

Spaghetti à l'Américaine
Tossed Salad
Vanilla Brick with Hot Strawberry Sauce

X

Braised Beef
Broccoli Polonaise
Individual Tomato Aspics
Cocoa Cake

XI

Supper for Two
Lobster Omelet, Fines Herbes
French Peas
Liederkrantz Cheese
Homemade Water Rolls
Rosé Wine Jelly

EVENING MEALS

Family Supper I

FISH SALAD WITH GREEN SAUCE

(Serves 4 to 6)

When you serve fish (cod, haddock, swordfish, or halibut) cook enough to have the leftovers to make this salad.

3 cups cooked white fish	4 to 5 sprigs parsley
	1 tablespoon lemon juice
<i>Sauce</i>	2 cups mayonnaise
8 to 10 spinach leaves	garden lettuce
small bunch water-cress	1 red onion
1 clove garlic	

Flake the fish between your fingers to be sure there are no bones or pieces of skin. Wash and dry the spinach, cress, and parsley. Chop them very fine with the garlic, or spin them in a blender. Mix well with the lemon juice and mayonnaise. Let stand at least 2 hours before serving. Slice the onion very thin and break the rings into a bowl of cold water. Keep in the refrigerator.

TO SERVE Arrange lettuce leaves on a platter to form the bases of individual servings. Cover with a thin layer of sauce and fill the leaves with the fish. Spread the fish with the sauce and garnish with the onion rings. Serve a side dish of sauce.

FRENCH FRIED POTATOES

(Serves 4 to 6)

The homemade variety are so much better than those of most restaurants that they are worth the effort for the family—not for guests. They can be semicooked in the morning and quickly finished in the evening.

EVENING MEALS

4 to 6 baking potatoes

hot fat (vegetable fat or tried-out beef suet)

Peel and divide the potatoes into $\frac{1}{4}$ -inch strips, using a sharp knife or the wire divider designed for the purpose. Soak 30 minutes in ice water; dry completely. Heat the fat to 375° F. (moderate temperature). Cook the potatoes in small lots for 5 minutes or until just tender. Drain on paper toweling.

Just before serving, heat the fat to 400° F. (hot) and fry the potatoes until golden brown. This can be done in slightly larger lots. Line a hot serving dish with paper towels and drain the potatoes on them. Keep in a warm oven until all the potatoes are fried. Slip the paper out from underneath the potatoes and serve.

CHILLED TOMATO SLICES

Dip the tomatoes in hot water for a second and peel off the skin. Keep uncut in the refrigerator until just before serving. Cut them into a serving bowl and sprinkle with salt. They need no dressing.

BLUEBERRY PIE À LA MODE

(Serves 4 to 6)

pie pastry, packaged or	$\frac{1}{2}$ teaspoon cinnamon
homemade (p. 142)	$\frac{1}{2}$ teaspoon nutmeg
1 quart blueberries	1 tablespoon butter
1 cup sugar	1 pint vanilla ice cream
$\frac{1}{3}$ cup flour	1 pint coffee ice cream

Preheat the oven to 450° F. (hot).

Line a 9-inch metal pie tin with pastry. Combine the blueberries, free from leaves and stems, with the sugar, flour, and spices. Pour into the pastry shell. Dot with butter and cover with a top crust; or make a lattice by cutting

EVENING MEALS

the remaining pastry into strips and arranging them in lattice shape, attaching the moistened ends to the pastry rim. If you prefer, bake without a crust; in this case put a piece of aluminum foil over the berries during the baking. Put the pie into the hot oven. Reduce the oven temperature to 350° F. (moderate) after 5 minutes and bake 40 minutes.

TO SERVE Serve the cooled pie (some like it lukewarm) with a bowl of coffee and vanilla ice cream; let each person choose his own topping .

Family Supper II

HOT TONGUE PLATTER

(Serves 4 to 6)

This dish can be prepared with canned meat and vegetables, but carrots and potatoes fresh from the garden make it that much better.

1½ pounds sliced tongue (canned or home cooked)	1 large clove garlic, minced
2 bunches baby carrots	2 tablespoons chopped onion
2 cups small new potatoes	2 tablespoons chopped parsley
4 tablespoons butter	1 teaspoon lemon juice
2 tablespoons olive oil	salt and pepper

Heat the tongue, sliced about ¼ inch thick, in its own jelly or in a little consommé. Scrub the vegetables; if they are small, do not peel them. Boil them together 20 or 30 minutes, or until tender.

Meanwhile, heat 2 tablespoons of butter with the olive oil and sauté the garlic and onion until tender, but without browning. Add the parsley and remaining butter.

TO SERVE Arrange the tongue around the edge of a

EVENING MEALS

heated platter. Pile the potatoes and carrots in the center. Remove the bubbling sauce from the stove and add the lemon juice. Pour it over the vegetables and sprinkle with salt and pepper.

VINAIGRETTE CUCUMBERS

(Serves 4 to 6)

4 cucumbers	basic French dressing (p. 135)
2 cups cold water	
2 tablespoons salt	1 tablespoon chopped chives

Slice the cucumbers into the salted water and let stand 30 minutes. Drain, rinse with cold water, and then cover with fresh cold water. Chill in the refrigerator for 2 hours or longer. Before serving, mix with dressing and sprinkle with chopped chives.

The rest of the meal requires no explanation, since the bread, cheese, and wine are bought ready to serve, and the grapes need only be chilled before serving.

Family Supper III

LAMB SUPPER SALAD

(Serves 4 to 6)

cold roast lamb	6 tablespoons olive oil
1 teaspoon salt	4 to 6 medium-sized tomatoes
$\frac{1}{8}$ teaspoon black pepper	2 to 3 cups small string beans
1 large clove garlic, minced	4 gherkin pickles
2 tablespoons red wine vinegar	$\frac{1}{2}$ cup mayonnaise
garden lettuce	

EVENING MEALS

Slice the lamb as thin as possible, allowing 2 or 3 slices per person. Spread in a shallow nonmetal dish. Mix the salt, pepper, and garlic with the vinegar thoroughly. Then add the oil. Spoon the mixture over the meat and let it stand several hours, turning occasionally. Wash the tomatoes and hollow them out over a strainer placed on the lamb. This is just to let the juice combine with the dressing. Sprinkle a little salt in the hollows of the tomatoes and drain them on a trivet over a plate in the refrigerator.

Cut the beans diagonally into 1-inch pieces. Boil in a little salted water until just tender. Drain and cool.

Combine pickles, cut fine, with mayonnaise.

TO SERVE Spread the beans on a platter edged with lettuce. Cover with the meat, sauce and all. Surround with the tomatoes filled with the mayonnaise-pickle mixture.

REFRIGERATOR ROLLS

See page 140.

TARRAGON WINE JELLY

See page 143.

CHOCOLATE CREAM

(Serves 4 to 6)

1½ cups heavy cream	½ cup chocolate syrup
½ cup confectioners' sugar	½ teaspoon vanilla

Whip the cream until thick. Add the sugar, syrup, and vanilla and mix well. Freeze in the refrigerator tray without stirring. This mixture needs no embellishment in the way of sauce and nuts.

EVENING MEALS

Family Supper IV

HAM AND ASPARAGUS ROLLS

(Serves 4 to 6)

- | | |
|---|---------------------------------------|
| 2 bunches asparagus | 4 tablespoons flour |
| 6 slices boiled ham ($\frac{1}{8}$ inch thick) | 2 cups milk |
| Bahamian or other sharp mustard | $\frac{3}{4}$ cup grated sharp cheese |
| | salt and pepper |
| | paprika |
| 4 tablespoons butter | |

Trim off the hard ends of the asparagus and boil the tips in very little salted water until the asparagus is just tender—not limp. Drain thoroughly. Spread the ham slices with a thin coating of mustard. Wrap each slice around a third of a bunch of asparagus. Place seam side down in a large shallow baking dish.

Heat the butter and blend in the flour. Add the milk and stir until the sauce is smooth. Add the cheese and cook over a low heat for 15 minutes. Season with salt and pepper. 40 minutes before serving, pour the sauce over the rolls and bake in slow (300° F.) oven.

TOMATO WHEELS

(Serves 4 to 6)

- | | |
|-----------------|-------------------------------|
| 4 to 6 tomatoes | blue cheese dressing (p. 136) |
| 1 cucumber | garden lettuce |

Peel the tomatoes after dipping them momentarily into boiling water. Place stem side down on a platter, and cut 6 to 8 gashes around the top, all converging in the center. Slice the cucumber, without paring, and put the slices in the gashes, leaving the cucumbers half exposed. Prepare the dressing.

EVENING MEALS

TO SERVE Arrange the tomatoes on lettuce leaves on individual plates. Put a little dressing in the top of each tomato, and serve the rest in a bowl.

HOMEMADE BREAD

Use the dough for refrigerator rolls (p. 140), or follow the recipe for easy homemade bread (p. 139).

GOOSEBERRY FOOL

(Serves 4 to 6)

- | | |
|---------------------|---------------------|
| 4 cups gooseberries | 2 cups heavy cream, |
| 1 cup water | whipped |
| 1 cup sugar | |

Pick a shady spot to work in for the tedious job of removing the stems and blossom ends from a quart of gooseberries. Put the berries in a pan with water and sugar. Cover, and simmer 30 minutes. Pour through a strainer, pressing the pulp with the back of a spoon, into a glass serving bowl. Chill thoroughly before folding in the whipped cream.

Family Supper V

ONE-BOWL CHICKEN SALAD

(Serves 4 to 6)

- | | |
|-------------------------|------------------------|
| 3 cups chicken meat | 1 teaspoon salt |
| 6 stalks celery | black pepper |
| 1½ green pepper | 1 cup mayonnaise |
| 2 teaspoons onion juice | 1 teaspoon dry mustard |
| 2 tablespoons tarragon | 2 carrots |
| vinegar | garden lettuce |
| 6 tablespoons olive oil | |

EVENING MEALS

Chop the chicken in a wooden salad bowl. Cut the celery stalks longitudinally, and then cut them in $\frac{1}{4}$ -inch pieces directly into the bowl. Do the same thing with the green pepper, after the seeds have been removed. Scrape the onion juice onto the mixture and add the vinegar, oil, salt, and several grinds of the pepper mill. Mix well, and smooth the surface evenly. Combine the mayonnaise and mustard and spread over the surface. Shred the carrots over the mayonnaise. Keep in the refrigerator. Just before serving, surround with a ring of garden lettuce. There will be enough dressing in the chicken to season the lettuce leaves.

TOASTED CHEESE MUFFINS

(Serves 4 to 6)

6 English muffins
butter

6 strips lean bacon
1 cup grated sharp cheese

Split the muffins and spread with butter. Cook the bacon until about half done, and drain on paper towel-
ing. Cover the muffin halves with cheese and 2 half-strips of bacon. Just before serving, bake or broil until the cheese melts.

STRAWBERRIES IN POWDERED SUGAR

On individual plates, ideally lined with a large grape leaf, place small bowls of cold water. Put small piles of powdered sugar beside the bowl on each side of it, and arrange unhulled strawberries around the edge of the plate. The berries are dipped first in the water, and then in the powdered sugar.

A simple dessert, but one of the most delicious ways to eat strawberries.

EVENING MEALS

Family Supper VI

Three Ways of Serving Clams

STEAMED SOFT SHELL CLAMS

clams	black pepper
$\frac{1}{2}$ cup water	vinegar
butter	

Allow 1 quart of clams per average eater. An enthusiast will eat 2 quarts. Wash the clams thoroughly with a stiff brush and allow them to stand in fresh water for an hour or two. Place in a kettle with the $\frac{1}{2}$ cup water. Cover tightly and steam until the clams are open—this should take not more than 10 minutes. Serve the clams in soup plates, with individual dishes of hot melted butter and cups of broth for dunking and drinking.

FRIED CLAMS IN BEER BATTER

(Serves 4)

2 eggs	$\frac{3}{4}$ cup beer
1 cup flour	fat for deep frying
$\frac{1}{4}$ teaspoon salt	1 pint shucked clams
1 tablespoon salad oil	

Beat the eggs thoroughly. Stir in the flour, salt, oil, and beer. Mix just until blended. Let the batter stand for 30 minutes before using. Heat 4 to 7 inches of vegetable fat to 375° F. (moderately hot). Dip each clam into the batter with a long fork and then chop it into the fat to fry for 2 to 3 minutes or until golden brown. Fry no more than 8 or 10 clams at a time. Drain on paper towels and serve with tartar sauce, tomato catsup or lemon wedges.

EVENING MEALS

CLAMS IN HERB SAUCE

(Serves 4)

- | | |
|-------------------------------------|------------------------|
| 1 pint shucked clams | 2 tablespoons chopped |
| $\frac{1}{2}$ cup flour | chives |
| 1 teaspoon salt | 3 tablespoons red wine |
| $\frac{1}{4}$ teaspoon white pepper | vinegar |
| $\frac{1}{4}$ pound butter | black pepper |
| 2 cloves garlic, minced | |
| 3 tablespoons chopped | |
| parsley | |

Drain the clams on paper toweling and dredge lightly with flour previously mixed with salt and pepper. Heat half the butter in a frying pan; when it sizzles, sauté the clams until golden brown on all sides. Place the clams on a heated platter. Add the rest of the butter to the frying pan; when it is hot, add the garlic, parsley, and chives. Stir for a moment and then add the vinegar. Pour the bubbling mixture over the clams and sprinkle with black pepper.

OLD-FASHIONED COLE SLAW

(Serves 4 to 6)

- | | |
|----------------|--------------------------|
| 1 head cabbage | boiled dressing (p. 137) |
|----------------|--------------------------|

Shred the cabbage, or cut it fine with a knife. Soak in a bowl of ice water and keep in the refrigerator. Make and cool the dressing.

TO SERVE Drain the cabbage, patting it completely dry with a paper towel. Mix with the dressing shortly before serving.

HOMEMADE BREAD

Follow the recipe for easy homemade bread (p. 139).

EVENING MEALS

RHUBARB PIE

(Serves 4 to 6)

pastry (homemade or packaged mix)	1 tablespoon grated orange rind
5 cups rhubarb	$\frac{1}{2}$ teaspoon salt
2 cups sugar	2 teaspoons butter
$\frac{1}{2}$ cup flour	

Preheat the oven to 450° F. (hot).

Line a 9-inch pie plate with the pastry. Cut up the unpeeled rhubarb in $\frac{1}{2}$ inch slices. Mix with the sugar, flour, orange rind, and salt and pour into the pie shell. Dot with butter. Cover with a top layer, or cut out small decorative shapes from the remaining pastry and strew them over the surface. Place in the oven on a lower shelf. After 5 minutes reduce the oven to 350° F. (moderate) and continue baking for 35 minutes longer. Serve warm with heavy cream, or cold with cream cheese.

Family Supper VII

TARRAGON BEEF AND AVOCADO SALAD

(Serves 4 to 6)

cold roast beef	1 teaspoon salt
1 or 2 avocados	$\frac{1}{4}$ teaspoon cracked pepper
1 tablespoon chopped scal- lions or onions	3 tablespoons red wine vinegar
1 tablespoon chopped pars- ley	$\frac{1}{2}$ cup olive oil curly endive
1 tablespoon chopped tarragon leaves	

Cut the beef into chunks, allowing $\frac{3}{4}$ cup per person. Pare and cube the avocados. Place both ingredients into a wooden bowl. Mix the chopped scallions, parsley,

EVENING MEALS

salt, pepper, vinegar, and oil together and spoon the mixture over the beef and avocado, mixing gently. Cover and chill in the refrigerator.

TO SERVE Surround the bowl with crisp curly endive, broken into large pieces, and sprinkle the center with chopped tarragon leaves.

CAULIFLOWER RAMEKINS

(Serves 4 to 6)

1 medium-sized cauliflower	1 1/2 cups milk
3 tablespoons butter	3/4 cup grated sharp cheese
3 tablespoons flour	salt and pepper

paprika

Cut the leaves and most of the stalk from the cauliflower. Cut the head into flowerets and soak them in cold water for 20 minutes. Drain and drop into boiling salted water. Cook 10 minutes. Drain and divide the cauliflower into buttered ramekins or aluminum-foil patty pans. At the same time make the sauce by heating the butter and blending in the flour. Add the milk and stir until the sauce is smooth. Add the cheese; season with salt and pepper. Cook over low heat for 15 minutes. Pour the sauce over the cauliflower and sprinkle with paprika. Before serving, bake 25 minutes in 325° F. (moderate) oven.

SUMMER SAUCE (Rhubarb and Strawberry)

3 cups rhubarb	2 cups strawberries
1 1/2 cups sugar	

Cut the rhubarb into a heavy saucepan. Cover with sugar and 1/2 cup of water. Cover and cook for about 10 minutes, or until tender. While still hot, slice the strawberries into the sauce. Cover and cool gradually. Serve at room temperature or chilled.

EVENING MEALS

OATMEAL COOKIES

3 eggs	3½ cups oatmeal flakes
1½ cups sugar	4 teaspoons baking powder
½ teaspoon cinnamon	
½ teaspoon salt	2 tablespoons melted butter
1 teaspoon vanilla	

Preheat oven to 350° F. (moderate).

Beat the eggs for 2 minutes with an electric beater. Add the sugar gradually, and continue beating for another minute. Mix in the dry ingredients and the vanilla on the lowest speed possible, and add the slightly cooled butter. Drop from the end of a teaspoon onto a buttered baking sheet, leaving room for the batter to spread. Bake 8 to 10 minutes and remove from pan while hot. This will make 4 dozen large cookies.

Family Supper VIII

VEAL AND ZUCCHINI CASSEROLE

(Serves 4 to 6)

4 to 6 veal cutlets (½ pound each)	½ teaspoon marjoram
4 tablespoons butter	4 tablespoons Madeira
salt and pepper	1 cup stock or water
2 tablespoons chopped onion	4 to 6 small zucchini

Brown the cutlets in butter, allowing 4 to 5 minutes for each side. Place the meat in a shallow casserole. Sprinkle with salt and pepper. Sauté the onions in the same butter, adding more if necessary. When the onions are soft, stir in the marjoram, Madeira, and stock or water. Using a fork, scrape up all the juices adhering to the pan. Bring to a boil and pour over the veal. Slice the zucchini

EVENING MEALS

lengthwise and lay them cut side down on the veal. Spread the zucchini skins with a little butter. Cover.

40 minutes before serving bake in a moderate (350° F.) oven.

ACORN SQUASH

(Serves 4 to 6)

2 or 3 acorn squashes

6 to 10 strips of bacon

Halve and seed the squashes. With kitchen scissors, cut the bacon in thin strips directly into the squash cavities. Cover each half with a piece of aluminum foil. Start the squash 10 minutes before the veal casserole. They should be cooked 50 minutes at 350° F. (moderate). Remove the foil for the last 10 minutes of cooking to crisp the bacon.

O-SALAD

(Serves 4 to 6)

1 large onion

blue cheese dressing (p.

2 or 3 oranges

136)

olives (black, pitted)

lettuce

You can prepare the various ingredients ahead of time. Slice the onion and keep it refrigerated in cold water. Peel the oranges. Make the dressing. Wash and crisp the lettuce.

TO SERVE Place lettuce leaves on individual salad plates. Slice the oranges very thin and place them and the onion slices on the lettuce. Spoon the dressing over the slices and garnish with the black olives. Serve with the sesame wafers, described in the following recipe. This serves as dessert.

EVENING MEALS

SESAME ANCHOVY WAFERS

Spread small sesame seed wafers with butter and a little anchovy paste. Heat in the oven before serving.

Family Supper IX

SPAGHETTI À L'AMERICAINE

(Serves 4 to 6)

The sauce for this dish is better if made a day in advance. If you are planning it for weekend guests, you can make it two days ahead if it's more convenient.

2 1½-pound lobsters	2 tablespoons tomato
4 tablespoons olive oil	paste
2 tablespoons butter	1 cup white wine
3 tablespoons brandy	1 cup water
1 large clove garlic, minced	1 teaspoon fresh thyme
1 onion	3 sprigs parsley
4 tomatoes, peeled,	½ bay leaf
seeded, and diced	salt and pepper
thin spaghetti	
chopped parsley	
grated Parmesan cheese	

Insert a sharp knife between the body and tail to kill the lobster. Split the lobsters by holding them on their backs and cutting down the center. Clean out the stomach from the body and the intestinal vein from the tail. Reserve the tomalley (the green liver). Cut the lobster claws and tails into pieces, using a hammer and heavy knife. Heat the oil and butter in a heavy pan and sauté the lobster (including the bodies) until bright red. Add the brandy and touch a flame to it. Spoon the sauce over the lobster until the flame is extinguished. Remove the lobster from the pan with a slotted spoon. Add the garlic

EVENING MEALS

and shred the onion into the pan. Cook for a minute, and then add the tomatoes, tomato paste, wine, water, and herbs. Stir until well blended. Put back the lobster pieces, cover, and just simmer for 45 minutes. Set aside to cool. The next day remove the meat from the shells, extracting all the meat possible from the body cavities—messy but worth it. Reserve the feelers for a garnish.

Remove the herbs and season with salt and pepper. Before serving, reheat the sauce over a low flame, adding the tomalley and a little butter.

Allow 1 pound of spaghetti for 3 people. Boil in a large kettle of salted water for 6 to 8 minutes or until just tender to the teeth. Drain well. Mix in a large heated bowl with the sauce. Sprinkle with chopped parsley and garnish with the feelers reserved for the purpose. Serve with a side dish of grated cheese.

TOSSED SALAD

See page 134.

VANILLA BRICK WITH HOT STRAWBERRY SAUCE

(Serves 4 to 6)

- | | |
|--------------------------|--------------------------|
| 1 quart brick of vanilla | 1½ cups sugar |
| ice cream | 1 tablespoon lemon juice |
| 2 cups strawberries | 2 tablespoons Cointreau |

Wash and hull the strawberries. Cut each one in half and place in a nonmetal saucepan. Cover with sugar and let stand for several hours. At the start of dinner, add the lemon juice to the strawberries and put on low heat to simmer.

TO SERVE Turn the brick onto a dessert platter. Add the Cointreau to the berries. Garnish the top of the brick with a little sauce and serve the rest in a bowl.

EVENING MEALS

Family Supper X

BRAISED BEEF

(Serves 4 to 6)

This is best if made a day in advance.

4 pounds face-of-the-rump of beef	1 teaspoon salt
2 ounces fat salt pork	$\frac{1}{4}$ teaspoon peppercorns
1 large onion, sliced	4 tablespoons butter
1 carrot	1 can (10 $\frac{1}{2}$ -ounce) toma- toes
2 sprigs parsley	2 cloves garlic
1 bay leaf	1 can consommé
1 sprig of thyme	1 teaspoon cornstarch
2 cups burgundy-type wine	1 cup sherry

Cut small incisions deep into the rump and force small pieces of salt pork into the meat. Place in a non-metal bowl and cover with thin slices of onion and carrot. Add the herbs, wine, salt, and peppercorns. Turn the meat over several times. Cover and marinate for at least 4 hours, turning from time to time.

Take the meat out of the marinating sauce and pat it dry with a towel. Melt the butter in a deep heavy casserole and sear the meat on all sides. Add the marinating sauce, the tomatoes, the garlic, the consommé, and enough water to make the sauce come two-thirds up the side of the meat. Bring to a boil, and then put the casserole, tightly covered, into a moderate (350° F.) oven. Cook 3 hours. Remove the meat and strain the sauce. Cool, allowing the fat to rise to the top. Remove the fat and thicken the sauce with the cornstarch. Add the sherry and return the combination to the casserole or other oven-proof serving dish. Slice the meat and place the slices in

EVENING MEALS

the sauce. 40 minutes before serving, reheat the meat in the sauce in a slow (300° F.) oven.

BROCCOLI POLONAISE

(Serves 4 to 6)

2 bunches broccoli	2 hard-boiled eggs
$\frac{1}{4}$ cup consommé	2 tablespoons chopped
4 tablespoons butter	parsley
4 tablespoons fine bread crumbs	salt and pepper

Cut the woody stalks off the broccoli and divide into pieces. Soak in cold water for 30 minutes. Boil in a little salted water until just tender. Transfer the broccoli to a buttered baking dish, and sprinkle with the consommé. Melt the butter and brown the crumbs in the butter. Cut the eggs in thin slices right over the broccoli. Cover with the buttered bread crumbs and the chopped parsley. Sprinkle the surface with salt and pepper. Cover with foil and bake 30 minutes in slow (300° F.) oven before serving.

INDIVIDUAL TOMATO ASPICS

1 can (18-ounce) vegetable cocktail juice	$\frac{1}{2}$ cup cottage cheese
2 tablespoons gelatine	2 tablespoons chopped chives
$\frac{1}{2}$ cup water	mayonnaise
1 can (7-ounce) artichoke hearts	garden lettuce

Heat vegetable juice; stir in gelatine, softened in the water. When gelatine has dissolved, remove from heat; pour a tablespoonful into deep muffin tins or custard cups. Place these in refrigerator to set. Allow the

EVENING MEALS

rest of the juice to cool. Meanwhile, drain the hearts and fill the leaves with a mixture of the cheese and chives. Place the hearts bottom side up, one in each cup. Fill cups with the remaining juice. Chill the aspics several hours. Unmold, and serve, garnished with mayonnaise, on lettuce leaves on individual plates.

COCOA CAKE

$\frac{1}{4}$ cup soft butter	$\frac{1}{2}$ cup cocoa
1 cup sugar	<i>Frosting</i>
2 eggs	
$\frac{3}{4}$ cup milk	$\frac{1}{4}$ cup soft butter
$1\frac{3}{4}$ cup sifted flour	3 tablespoons cocoa
$\frac{1}{4}$ teaspoon salt	1 egg yolk
$2\frac{1}{2}$ teaspoons baking powder	2 tablespoons hot coffee
	2 cups confectioners' sugar

Preheat the oven to 350° F. (moderate).

Beat the butter and sugar until fluffy. Beat in the eggs and continue beating for 2 minutes. Measure the milk in one cup, and combine the dry ingredients in another container. Add them alternately to the mix, beating at a slow speed until everything is well mixed. Pour into two 8-inch layer-cake pans that have been buttered and sprinkled with flour. Bake 25 minutes. The cake is done when the surface will spring back if you press it with a finger. Let the cakes stay in the pans for 3 minutes, and then turn upside down on a rack. Cool before frosting.

Frosting: Combine all the ingredients and beat with an electric beater until smooth and thick. Spread between the layers, unless you prefer to put marshmallow between the layers and save the frosting for a thicker layer on top and sides.

EVENING MEALS

Family Supper XI

Supper for Two

LOBSTER OMELET, FINES HERBES

$\frac{2}{3}$ cup diced cooked lobster	$\frac{1}{8}$ teaspoon white pepper
4 tablespoons butter	2 teaspoons chopped chives
$\frac{1}{2}$ cup sour cream	2 teaspoons chopped parsley
salt and pepper	
4 eggs	$\frac{1}{2}$ teaspoon chopped tarragon
4 tablespoons water	
$\frac{3}{4}$ teaspoon salt	paprika

Sauté the lobster in 2 tablespoons of butter over a moderate heat for 3 minutes. Add the cream and season with salt and pepper. Heat, but do not boil.

Meanwhile, in an 8-inch omelet pan, melt the remaining 2 tablespoons of butter. Mix the eggs, water, salt, pepper, and herbs until blended. Pour the mixture into sizzling butter and reduce the heat to medium. Prick the bottom of the omelet as it coats the bottom of the pan, allowing the uncooked mixture to seep through. When there is only a creamy film left on the top, place the lobster mixture on one half of the omelet. Loosen the edges with a spatula and fold the unfilled half over the lobster. Slide the omelet onto a warm platter. Sprinkle with paprika and serve immediately.

HOMEMADE WATER ROLLS AND CHEESE

See page 141 for recipe for the rolls.

Have the rolls warm, the cheese at room temperature, and the butter ice cold.

EVENING MEALS

FRENCH PEAS

1½ to 2 cups shelled peas	4 or 5 leaves of garden lettuce, shredded
2 tablespoons water	
1 teaspoon sugar	6 small white onions
½ teaspoon salt	2 sprigs of parsley
⅛ teaspoon white pepper	1 teaspoon butter
	1 teaspoon flour

Combine all the ingredients except for the butter and flour in a saucepan or heatproof serving dish. Cover so that no moisture can escape. 30 minutes before serving, cook the peas over a moderate heat. When the peas are tender, drop a mixture of the butter and flour in small bits over the peas, stirring gently until the sauce thickens.

ROSÉ WINE JELLY

1 envelope gelatine	½ cup heavy cream,
¾ cup sugar	whipped and sweetened
¾ cup boiling water	
¼ cup lemon juice	chopped walnuts
¾ cup rosé wine	

Stir the gelatine and sugar in the boiling water until thoroughly dissolved. Add the lemon juice and wine and put into a small serving bowl. Chill until firm. Before serving, top with whipped cream and chopped nuts.

Company Dinners

Even in summer, company for dinner means doing something a little bit special. However, if there's a minimum of last-minute cooking, dinner can be very special and still not be complicated or too much work. The following menus, designed to prove this point, will serve, four, six or eight and are intended for table—not lap—dining.

EVENING MEALS

Beverages before, during, and after the meal are strictly up to the hosts. If bread is an integral part of the meal, I have listed it; otherwise that too is for the hostess to include.

§ MENUS §

I

Madrilène on the Rocks
Stuffed Celery Sticks
Chicken Broilers with Anchovy Caper Sauce
Mushroom Stuffed Summer Squash
Nasturtium Salad
Coffee Caramel Custard Ring

II

Salmon with Shrimp Sauce
Boiled New Potatoes
Tarragon Baby Beets
Apricot Cream

III

Clam Bisque
Cold Baked Ham
Provençal Salad
Peach Cup with Zabaglione Sauce

IV

Italian Antipasto
Italian Bread
Egg Noodles with Mussels
Blackberry Cream

EVENING MEALS

V

Fresh Tomato Cream Soup
Baked Halibut Steak
Eggplant Ring with French-Fried Onions
Frosted Green Coupe

VI

Mediterranean Chicken with Fluffy Rice
Lima Beans in Parslied Cream
Refrigerator Rolls
Orange Cointreau Cantaloupe

VII

Stuffed Baked Lobster
Hot Potato Chips Green Bean Sauté
Summer Delight

VIII

Roast Garlic Lamb
Shell Beans au Jus
Cucumbers in Tarragon Cream
Coffee Ice Cream Cornucopias

IX

Bouillabaisse
Corn on the Cob
Almond Lime Chiffon Pie

X

Quenelles with Shrimp Hollandaise
Broccoli Tossed Green Salad
French Raspberry Ice

EVENING MEALS

Company Dinner I

(Serves 6 to 8)

MADRILÈNE ON THE ROCKS

Pour undiluted canned madrilène onto ice cubes in old-fashioned glasses. Garnish each glass with a thin slice of lime.

STUFFED CELERY STICKS

- | | |
|---------------------------------|--------------------------------|
| 1 tin (2½-ounce) smoked oysters | 1 teaspoon soy sauce
celery |
| 1 cup cottage cheese | paprika |
| 2 tablespoons cream | |

Chop the oysters and work them into the cottage cheese with the cream and soy sauce. Fill the cavities of crisp celery sticks and sprinkle with paprika. Store in the refrigerator until time to serve.

CHICKEN BROILERS WITH ANCHOVY CAPER SAUCE

- | | |
|-----------------|---------------------|
| 3 or 4 broilers | 2 teaspoons capers, |
| 2 lemons | chopped |
| salt and pepper | 1 clove garlic |

Sauce

- ¼ pound unsalted butter
2 teaspoons anchovy paste

Garnish

parsley or watercress

Split the broilers and place them, skin side down, in a large heatproof serving dish. Sprinkle with lemon juice, salt, and pepper; let stand 30 minutes. Turn the broilers over and sprinkle them with more lemon juice, salt, and pepper. Cover the dish with aluminum foil. 40 minutes

EVENING MEALS

before serving, place the chicken in a moderate (350° F.) oven. While the chicken is in the oven, combine the sauce ingredients in the top of a small double boiler. Mix well and cook over hot water. Remove the garlic before serving.

Remove the foil from the chicken 10 minutes before serving and brush generously with the sauce. Brown under the broiler. Pour the remaining sauce over the chicken and garnish with parsley or watercress.

MUSHROOM STUFFED SUMMER SQUASH

6 to 8 small summer squash	1 teaspoon onion flakes
4 tablespoons butter	½ cup grated sharp cheese
4 tablespoons flour	1 can (8-ounce) mushroom pieces
1½ cups milk	salt and pepper

Wash the squash and boil whole for 10 minutes in boiling salted water. Drain. Heat the butter and blend in the flour. Add the milk and stir until smooth. Add the remaining ingredients and cook over a very low flame for 15 minutes using an asbestos mat to protect the bottom of the pan. The sauce will burn very readily.

Halve the squash and scoop out the seeds. Place the squash in a buttered heatproof serving dish, skin side down. Fill the center with the sauce. Cover the dish.

30 minutes before serving, put the squash in a moderate (350° F.) oven with the chicken. 10 minutes before serving remove the cover.

NASTURTIUM SALAD

garden lettuce	1 teaspoon chopped tarragon
2 small cucumbers	tarragon dressing (p. 135)
8 to 10 nasturtium blossoms	

EVENING MEALS

Wash the lettuce carefully and shake it free of all water. Crisp in the refrigerator in the salad bowl. Wash, but do not pare, the cucumbers. The nasturtiums are, we hope, to be found in your garden.

TO SERVE Slice the cucumbers over the lettuce and sprinkle with the chopped tarragon. Strew the nasturtium blossoms over the surface. Serve the dressing in a small cruet or other attractive bottle.

Mix the salad at the table.

COFFEE CARAMEL CUSTARD RING

1 cup sugar	3 tablespoons sherry
½ cup hot coffee	3 eggs
½ cup boiling water	2 egg yolks
3 cups milk	¼ cup sugar
chopped pecans	

Preheat the oven to 350° F. (moderate).

Heat the cup of sugar in a small heavy pan until light brown. Remove from the heat and add the coffee and water. Return to the heat to boil for 5 minutes. Meanwhile scald the milk. Beat the sherry, eggs, egg yolks, and ¼ cup sugar together until well blended. Add the milk gradually, and half the caramel. Pour the remaining caramel into a medium-sized ring mold; then pour the custard mixture into the mold. Bake 1 hour. Cool, and chill in the refrigerator. Unmold onto a round platter. Sprinkle with chopped pecans.

EVENING MEALS

Company Dinner II

(Serves 8)

SALMON WITH SHRIMP SAUCE

- | | |
|---|------------------------|
| 1 small salmon, or 4-pound
chunk cut from tail end | 1 bay leaf |
| 1 pound shrimps | 4 tablespoons butter |
| 2 quarts water | 4 tablespoons flour |
| 6 peppercorns | 1 cup heavy cream |
| 1 tablespoon salt | 1 teaspoon lemon juice |
| 2 cups dry white wine | salt and pepper |
| 1 onion | chopped parsley |

Wrap the cleaned whole fish or the chunk in a clean dishcloth, or in a piece of cheesecloth, leaving ends free to use as handles to retrieve the fish once it is cooked. Keep the fish in the refrigerator until time to cook it.

Wash the shrimps. Combine the water, seasonings, wine, onion, and bay leaf in a large kettle and simmer 15 minutes with the cover on. Add the shrimps and cook 5 minutes. Remove the shrimps with a slotted spoon and reserve the broth. Shell and devein the shrimps.

Over direct heat, heat the butter in the top part of a double boiler. Blend in the flour and add 2 cups of the broth. Stir until smooth and remove from the heat. Stir in the cream and lemon juice and season with salt and pepper. Place over boiling water and cut the shrimps in half directly into the sauce. Cook 20 minutes. This may be reheated later over boiling water.

Before your guests arrive, reheat the broth adding enough boiling water to cover the fish. Allow 8 minutes per pound for poaching the fish (the water should never boil hard but it should simmer with conviction). Place a trivet in the bottom of kettle. Lower the cloth wrapped

EVENING MEALS

fish into the water and when it is cooked remove the fish to another trivet. Divest it quickly of both cloth and skin and transfer it with two wide spatulas to a heated platter. Cover with hot shrimp sauce and sprinkle with chopped parsley.

BOILED NEW POTATOES

Scrub, but do not peel, small new potatoes, allowing 2 or 3 to a person, depending on size. 15 minutes before serving, plunge these into a kettle of boiling salted water. Drain, but do not season; serve on the platter with the salmon.

TARRAGON BABY BEETS

2 dozen very small beets	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup white sugar	2 teaspoons chopped tarragon
$\frac{1}{2}$ cup brown sugar	2 tablespoons butter
1 tablespoon cornstarch	
$\frac{1}{2}$ cup tarragon vinegar	

Boil the beets in unsalted water for 20 to 30 minutes, or until just tender. Drain, cool, and peel. Combine the sugars, cornstarch, vinegar and water, and boil together for 5 minutes. Place the beets in a heatproof nonmetal serving bowl and cover with the hot syrup. Add the chopped tarragon, mix gently, and let stand for several hours. Reheat and serve in individual sauce dishes.

APRICOT CREAM

$1\frac{1}{2}$ pounds ripe apricots	2 cups heavy cream,
$\frac{2}{3}$ cup confectioners' sugar	whipped
	4 tablespoons kirsch
$\frac{1}{16}$ teaspoon salt	2 teaspoons lemon juice

EVENING MEALS

Dip all the apricots in boiling water for a moment to loosen the skins. Peel, halve, and stone them. Save out 8 halves for garnishing. Spin the rest to a pulp in a blender, or force them through a strainer. Combine with the sugar, salt, whipped cream, 3 tablespoons of kirsch, and the lemon juice. Pour into a freezing tray or, better yet, into a bowl that will go into the freezing compartment. Place the reserved apricot halves, sprinkled with the other tablespoon of kirsch, in the refrigerator. These will be placed on the cream just before serving.

Company Dinner III

(Serves 6 to 8)

CLAM BISQUE (BLENDER METHOD)

2 tablespoons butter	3 cups milk
2 tablespoons flour	1 cup cream
1 cup chopped clams	1 teaspoon Worcestershire
1½ teaspoons salt	sauce
⅛ teaspoon white pepper	

Spin the butter, flour, clams, salt, pepper, and 2 cups of milk in the blender while you count to ten. Pour into the top part of a double boiler. Add 1 cup each of milk and cream and the Worcestershire sauce. Heat for at least 15 minutes.

OLD-FASHIONED CLAM BISQUE

1 quart clams	4 tablespoons butter
1 quart milk	4 tablespoons flour
2 slices onion	salt and pepper

EVENING MEALS

Wash the clams in several waters. Steam them in a covered pan with $\frac{1}{2}$ cup of water until they are well opened. Strain off the broth into a bowl. Scald the milk with the onions. Melt the butter in the top part of a double boiler over direct heat. Blend in the flour. Add the milk, gradually stirring until smooth. Add the clam broth, but do not let any sand get into the soup. Cook over hot water while shucking the clams. Remove the black neck-tips. Chop the clams in a wooden bowl. Add to the soup, and season with salt and pepper. Let the soup mellow for several hours and reheat. A touch of refinement may be added with a dollop of whipped cream and a sprig of parsley.

COLD BAKED HAM

The ham is prepared a day in advance.

8-pound precooked ham	4 tablespoons orange juice
1 cup brown sugar	$\frac{1}{4}$ teaspoon ground cloves
1 teaspoon dry mustard	parsley sprigs

Preheat the oven to 350° F. (moderate).

Place the ham on a rack in a roasting pan, with the fat side up. Bake 50 minutes. Mix the remaining ingredients and paint the surface of the ham with some of the mixture. Continue baking for 30 minutes, repeating the painting process several times. Cool thoroughly, and then place in the refrigerator. When preparing for dinner, cut several slices of the ham—enough for the first serving—and arrange the slices on a platter around the rest of the ham.

Garnish with sprigs of parsley. Keep in refrigerator until ready to serve.

EVENING MEALS

PROVENÇAL SALAD

2 cups boiled diced potatoes	basic French dressing (p. 135)
2 cups cooked green beans	<i>Dressing</i>
2 cups cooked lima beans	
1 small can sliced black olives	2 hard-boiled egg yolks
1 small green pepper	2 cloves garlic, minced
1 small red pepper	8 anchovy fillets
4 tablespoons chopped chervil or parsley	1 basil leaf
2 tablespoons chopped shallots or onions	1 cup olive oil
	2 tablespoons wine vinegar
	black pepper

Garnish: curly endive, tomatoes, anchovy fillets and green olives

Mix the potatoes, beans, olives, peppers (sliced fine), herbs, and shallots or onions in a wooden salad bowl with $\frac{1}{2}$ cup of basic French dressing and let stand for at least an hour.

Place the eggs, garlic, anchovy fillets, and basil in a blender and spin it for a second or two. Stop it and add 2 tablespoons of oil. Start the blender again and add the oil very gradually, as you would for mayonnaise, until there is a thick creamy sauce. Add the vinegar and a few grinds of the pepper mill.

TO SERVE Pour the dressing over the salad. Garnish with curly endive, cherry tomatoes, anchovies, and olives.

PEACH CUP WITH ZABAGLIONE SAUCE

6 peaches	<i>Sauce</i>
$\frac{1}{2}$ lemon	
1 pint lemon sherbet	3 egg yolks
	$\frac{1}{3}$ cup sugar
	$\frac{3}{4}$ cup Marsala wine

EVENING MEALS

Dip the peaches in boiling water and slip off the skins. Slice them in eighths. Sprinkle with lemon juice. Cover tightly and chill.

Beat the egg yolks and sugar until light in the top of a double boiler. Add $\frac{1}{2}$ cup of the Marsala and stir constantly over simmering water until the mixture thickens. Cool and store in the refrigerator.

TO SERVE Put a teaspoon of Marsala in the bottom of each parfait or sherbet glass. Add a small serving of sherbet. Add sliced peaches and cover with the sauce. Save a slice of peach to garnish each serving.

Company Dinner IV

(Serves 6)

ITALIAN ANTIPASTO

On individual salad plates, place a choice of the following suggestions in as attractive an arrangement as possible. Have cruets of olive oil and red wine vinegar on the table, and also plenty of Italian bread. Serve either vermouth or Chianti to drink with the antipasto.

celery or fennel	anchovy fillets
hard-boiled eggs, halved	olives, green and black
pickled green peppers	tomatoes, sliced
salami	tunafish
boiled beets	artichoke hearts
pimientos	lettuce

EGG NOODLES WITH MUSSELS

This may be made in advance, in which case the noodles and sauce should be combined in a large covered casserole and reheated, in a pan of hot water, in a slow

EVENING MEALS

(300° F.) oven. The mussels are added 10 minutes before serving. Allow 40 minutes for reheating. If fresh mussels are not available, use 1 (10-ounce) can of tiny boiled clams to the sauce and substitute $\frac{1}{2}$ pint of clam juice for the mussel broth.

3 quarts mussels	3 tablespoons chopped parsley
1 large onion, shredded	
1 carrot, shredded	3 tablespoons chopped chives
$\frac{1}{2}$ bottle dry white wine	1 tablespoon chopped fresh basil
6 tablespoons olive oil	2 pounds egg noodles
2 large cloves garlic, minced	4 tablespoons butter
1 small can tomato paste	
salt, pepper, sugar	

Beard and scrub the mussels. Place in a kettle. Shred the onion and carrot over the mussels and add the wine. Cover and steam over a moderate heat until the mussels open. Set aside to cool.

Heat the olive oil in a saucepan, and sauté the garlic without letting it brown. Stir in the tomato paste. Strain the mussel broth into the mixture. Season with salt and pepper and a pinch of sugar. Simmer the sauce while preparing the rest of the dish. Remove the mussels from their shells.

Wash and chop the herbs. Boil the noodles in salted water until tender. Drain thoroughly. Toss the noodles in butter and mix with the sauce and most of the combined herbs, saving a little for garnishing. Add the mussels and return to the stove just long enough to heat thoroughly. Serve on a heated platter; sprinkle with the remaining herbs.

EVENING MEALS

BLACKBERRY CREAM

- | | |
|---------------------------|---------------------|
| 2 to 3 cups blackberries | 2 cups heavy cream, |
| 1 1/2 cups powdered sugar | whipped |
| 1 teaspoon lemon juice | macaroon crumbs |
| 2 tablespoons light rum | |

Spin the berries in a blender until they liquefy, and strain out the seeds; or cook the berries with very little water until just soft, and rub them through a fine strainer to extract the juice. Cool. There should be 1 cup of fruit juice. Add the sugar, lemon juice and the rum and fold into the whipped cream. Fill parfait glasses or a dessert bowl and sprinkle generously with crumbs made by toasting store-bought macaroons and pulverizing them in the blender or with a rolling pin. Chill thoroughly.

Company Dinner V

(Serves 6 to 8)

FRESH TOMATO CREAM SOUP

- | | |
|----------------------|-----------------------|
| 3 cups tomato chunks | 1 large onion, sliced |
| 1 tablespoon sugar | 4 tablespoons butter |
| 1 teaspoon salt | 4 tablespoons flour |
| 1 quart milk | 1 cup cream |

Wash the tomatoes, but do not peel them. Cut them in chunks into a saucepan. Add the sugar and salt. Cover and simmer 10 minutes. In another pan, heat the milk with the sliced onion for the same length of time.

Melt the butter in the top part of a double boiler over direct heat. Blend in the flour; when well heated, strain the milk into the mixture, stirring until smooth. Place the top part of the double boiler over the lower and

EVENING MEALS

continue cooking while straining the tomatoes into it. Add the cream. Taste for seasoning, and continue cooking for 20 minutes over simmering water. This can be cooled and reheated.

BAKED HALIBUT STEAK

2-to-3-pound halibut steak, cut $1\frac{1}{2}$ inches thick	3 tablespoons chopped onion
lemon juice	2 tablespoons chopped parsley
4 tablespoons butter	salt and black pepper

Line an ovenproof serving dish with aluminum foil. Spread it with half the butter and half the onion and parsley. Sprinkle well with salt and pepper. Place the fish on the foil. Sprinkle well with lemon juice and cover with the rest of the butter, onion, parsley. Sprinkle with salt and pepper. Cover and seal with another piece of foil.

About 35 to 45 minutes before serving, place the fish in the oven with the eggplant ring (see below). 10 minutes before serving, remove the top foil and invert the steak in the dish, removing the lower sheet. Return to the oven; if necessary, light the broiler to brown the fish lightly.

EGGPLANT RING WITH FRENCH-FRIED ONIONS

2 eggplants	4 eggs
$\frac{1}{2}$ cup olive oil	4 tablespoons cream
2 cloves garlic, minced	$\frac{1}{2}$ teaspoon nutmeg
1 small onion, chopped	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon white pepper
4 sprigs parsley	2 boxes frozen French-
2 sprigs thyme	fried onion rings
$\frac{1}{2}$ bay leaf	

EVENING MEALS

Pare the eggplants and cut them in $\frac{3}{4}$ -inch-thick slices into a large saucepan. Add the oil and seasonings. Cover and cook slowly for 30 minutes. Remove the herbs and whip the mixture with an electric beater until smooth. Beat the eggs with cream, season with nutmeg, salt, and pepper, and add to the eggplant. Pour into a buttered ring mold.

30 minutes before serving, place in a moderate (350° F.) oven. If the mixture has been refrigerated, allow 10 minutes longer. Unmold onto a warm platter and fill with the onion rings, which have been heated in the same oven.

FROSTED GREEN COUPE

1 pound seedless grapes	1 honeydew melon
1 egg white, beaten stiff	$\frac{1}{2}$ lemon
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{4}$ cup sugar

Drop the grapes free from stems into the beaten egg white and stir gently until they are coated. Sprinkle a pan with sugar. Arrange the grapes in the pan so that they don't touch and sprinkle with more sugar. Put in the refrigerator to chill and dry. Scoop out the flesh of the melon with a tiny ball scoop or spoon and put into a dessert bowl. Sprinkle with lemon juice and sugar and place covered in the refrigerator. Mix the two fruits together gently just before serving. If you like, add $\frac{1}{2}$ cup dry white wine or champagne to the fruit; it is very good without wine, though.

EVENING MEALS

Company Dinner VI

(Serves 4 to 6)

MEDITERRANEAN CHICKEN

2 chicken fryers, quartered	2 onions
3 tablespoons butter	2 cloves garlic, minced
3 tablespoons olive oil	4 large tomatoes
1½ teaspoons salt	1 teaspoon oregano
¼ teaspoon black pepper	3 small green peppers
1 teaspoon paprika	2 red peppers
	2 tablespoons olive oil

Brown the chicken in a heavy skillet in a combination of the butter and oil heated to the sizzling point. As the chicken pieces are browned on both sides, place them in a shallow casserole. Sprinkle with salt, pepper, and paprika. Slice the onions very thin directly into the skillet. Add the garlic and cook over a low heat until the onions are soft, stirring frequently. Peel the tomatoes and cut in chunks into the skillet. Bring the mixture to a boil, scraping the bottom of the pan while stirring to loosen the juices adhering to the pan. Add the oregano, stir well, and pour the mixture over the chicken. Quarter and seed the peppers and sauté them in oil over a moderate heat, using the same skillet. When tender, place in a tin plate to be reheated later. 1 hour before serving, place the covered casserole in a moderate (325° F.) oven. Serve in the casserole and garnish with the peppers, which have been reheated, in the tin plate, in the same oven.

FLUFFY RICE

Boil 2 cups of long grain white rice in a large pan of rapidly boiling salted water for 17 minutes. Drain in a

EVENING MEALS

colander, and let cold water run through the rice, while fluffing it up with your fingers. Place in a buttered heat-proof serving dish and cover. 30 minutes before serving, put the serving dish in the oven with the chicken. For extra fluffiness, stir the rice once or twice during cooking.

LIMA BEANS IN PARSLIED CREAM (LAZY METHOD)

3 to 4 pounds fresh lima beans	2 tablespoons chopped pars- ley
1 cup cream	salt and pepper

Boil the lima beans in their shells in a large pan of boiling water for 25 to 30 minutes. Drain, rinse with cold water, and shell. Slip off the pods and put the beans in the top part of a double boiler. Before serving, reheat over boiling water in the cream mixed with parsley. Season with salt and pepper.

REFRIGERATOR ROLLS

See page 140.

COINTREAU CANTALOUPE

2 or 3 small ripe cantaloupes	Cointreau fresh mint
1 pint orange sherbet	

Halve the cantaloupes and remove the seeds. Chill until time for serving. Fill the centers with a scoop of orange sherbet. Pour a teaspoon of Cointreau over the sherbet and sprinkle with chopped mint.

EVENING MEALS

Company Dinner VII

(Serves 6)

STUFFED BAKED LOBSTER

6 lobsters (about $1\frac{3}{4}$ pounds each)	$\frac{1}{2}$ pound crabmeat salt and white pepper
dry bread crumbs (about $\frac{2}{3}$ cup per lobster)	2 tablespoons sherry $\frac{1}{2}$ pound butter, melted

Lay the live lobsters, back down, on a large bread board. Holding the claws flat with the left hand, place a large pointed knife in the center of the head and cut down the center to the tip of the tail. If this is too drastic for the softhearted, the lobsters can be immersed for a moment in boiling sea water before they are split. Once the lobsters are split, take off the claws and spread the tail and body open. Remove the greenish brown liver—the tomalley—and put it in a bowl. Discard the stomach found near the head and the long intestinal black strip running down the center of the tail. Place the lobster on a grill, tucking the tip of each tail under the outside grid to keep them from curling up. Add enough bread crumbs to the tomalley, working them in with a fork, to make a light and fluffy stuffing. Add the crab meat to the stuffing and season with salt and white pepper. Fill the body and tail cavities with the stuffing and moisten it generously with melted butter. Bake 20 minutes in a hot (425° F.) oven. Some people like the stuffing slightly charred; this can be accomplished by turning on the broiler for the last few moments of baking and placing the lobsters under it. The claws can be baked along with the bodies, but since they are apt to be dry, try our method and throw the claws into a kettle of boiling

EVENING MEALS

sea water 20 minutes before serving. Serve the lobsters with small bowls of melted butter.

GREEN BEAN SAUTÉ

- | | |
|---|---|
| 1½ pounds green string
beans, tipped but left
whole | 2 tablespoons chopped
parsley
½ teaspoon lemon juice
salt and pepper |
| 3 tablespoons butter | |
| 2 tablespoons chopped
onion | |

This is a trick employed in French restaurants; it is a great help at certain times. Boil the green beans in very little salted water for 15 minutes. Rinse briefly in cold water and put into a strainer.

Make the sauce by heating the butter and cooking the onion and parsley in it for 2 minutes. Remove from the stove and add the lemon juice.

Just before serving, lower the beans into a pot of briskly boiling water for not more than a minute. Drain and put into a heated vegetable dish. Pour the hot sauce over it and sprinkle with salt and pepper.

SUMMER DELIGHT

- | | |
|----------------------------------|--------------------------|
| 1 quart lemon sherbet | 1 pint fresh raspberries |
| 3 tablespoons crème de
menthe | mint leaves |

Soften the sherbet a little and beat in the crème de menthe with the electric beater. Put into a dessert bowl and keep in the freezing compartment. Inspect the raspberries for twigs and leaves but do not wash them.

TO SERVE Cover the sherbet with the berries and garnish with mint leaves.

EVENING MEALS

Company Dinner VIII

(Serves 8)

ROAST GARLIC LAMB

5-to-6-pound leg of spring lamb	butter rosemary
1 large clove garlic	salt and pepper

Make small incisions in the underside and topside of the lamb and insert slivers of garlic. Rub the surface with soft butter and sprinkle with rosemary, salt, and pepper. Place on a rack in an open roasting pan. If you like lamb the way the French do, allow 18 minutes per pound in a moderate (375° F.) oven. If you like it well done, allow 25 minutes per pound.

TO SERVE Place the lamb on a heated platter. Surround with the shelled beans (see below) heated in the lamb gravy. Sprinkle everything with chopped parsley.

SHELL BEANS AU JUS

3 to 4 pounds fresh shell beans (horticultural,
lima, green soy)
3 tablespoons chopped parsley

Shell the beans and boil in a little salted water in a covered saucepan for 20 minutes, or until tender. Do not drain. Just before serving, heat the beans in the lamb drippings, stirring to free the meat juices adhering to the pan. Surround the lamb with the beans. Sprinkle the parsley over meat and beans.

EVENING MEALS

CUCUMBERS IN TARRAGON CREAM

2 or 3 cucumbers	1 teaspoon butter
2 cups chicken broth	1 teaspoon flour
2 teaspoons chopped tarragon	1 cup sour cream

Pare the cucumbers and cut them in chunks. Simmer them in well-seasoned chicken broth with the tarragon for 10 minutes. Work the butter and flour together and drop the mixture in small bits into the sauce. Just before serving, stir in the sour cream.

COFFEE ICE CREAM CORNUCOPIAS

<i>Nut Wafers</i>	$\frac{2}{3}$ cup brown sugar
$\frac{1}{4}$ cup light corn syrup	$\frac{1}{2}$ cup sifted pastry flour
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup chopped nuts

1 pint coffee ice cream

Preheat oven to 325° F. (moderate).

Bring the syrup, butter, and sugar to a boil in a saucepan. Remove from the stove and stir in the flour and nuts. Drop the mixture from a teaspoon onto a buttered baking sheet, allowing space for the cookies to spread. Bake 8 minutes. Wait 1 minute and remove the cookies with a spatula. Shape them into cornucopias while still warm. This will make 2 dozen or more, so make the required number of cornucopias, then drape the remaining cookies over a buttered rolling pin to make them look like the famous *tuiles* so popular in France.

Just before serving, fill the cornucopias with the coffee ice cream.

EVENING MEALS

Company Dinner IX

(Serves 4 to 8)

This is one meal that calls for finger bowls or reasonable facsimiles thereof.

BOUILLABAISSE

A large copper kettle is perfect for both cooking and serving this soup.

- | | |
|--|------------------------------------|
| 3 pounds assorted fish fillets (redfish, flounder, haddock, cod) | 1 can (10½-ounce) Italian tomatoes |
| 1 lemon | ½ pint clam juice |
| salt and pepper | 2 cups dry white wine |
| 2 lobsters | 1 bay leaf |
| 3 dozen clams or mussels | ½ teaspoon powdered thyme |
| ½ cup olive oil | 1 large pinch saffron |
| 1 carrot | ¼ teaspoon cayenne |
| 1 large onion | 1 loaf day-old French bread |
| 3 leeks (if available) | chopped parsley |
| 2 cloves garlic, minced | |

Cut the fish fillets into pieces approximately 2 inches square. Place in a bowl and sprinkle with lemon juice, salt, and pepper. Cut the live lobsters into pieces; or, if this seems too gruesome, boil them. Remove the meat from the shells. Clean the clams or mussels so that they can be added to the soup in the shell.

Heat the oil in a deep kettle. Shred the carrot and onion into the oil, and add the white part of the leeks, properly washed and cut in quarters. Add the garlic and cook gently for 3 minutes, stirring frequently. Add the fish, tomatoes, clam juice, wine, and herbs, and enough water to cover the fish by 2 inches. Simmer very slowly for 15 minutes. Add the shellfish and simmer 15 minutes

EVENING MEALS

longer. Do not let the soup boil hard. Season with salt, pepper, and cayenne.

TO SERVE Place 2 or 3 pieces of toasted French bread in each soup plate. Cover with the broth from the soup and sprinkle with chopped parsley—lots of it. Once this has been consumed, pass the plates again and serve the fish in the same plates. The implements for this meal are fingers as well as soup spoons and forks.

This soup can be prepared 24 hours in advance, but in this case add the clams or mussels after the soup is reheated. When they open they are cooked.

CORN ON THE COB

Boil 8 to 24 ears freshly picked and husked corn in unsalted water for not longer than 5 minutes after the water has returned to the boil. Drain and serve. Time this operation with the second phase of eating the bouillabaisse. Serve as a separate course with plenty of butter; provide individual salts and peppers. The number of ears depends on your guests' enthusiasm for corn.

ALMOND LIME CHIFFON PIE

Crust

12 zwieback, rusks, or
pieces of toast

$\frac{1}{4}$ cup sugar

$\frac{1}{2}$ cup melted butter

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon almond ex-
tract

Filling

4 egg yolks

1 tablespoon gelatine

$\frac{1}{4}$ cup cold water

$\frac{1}{2}$ cup lime juice

1 teaspoon grated lemon
rind

1 cup sugar

4 egg whites

$\frac{1}{8}$ teaspoon salt

green coloring

$\frac{1}{4}$ cup heavy cream,
whipped

$\frac{1}{2}$ cup slivered almonds

EVENING MEALS

Pulverize the zwieback, rusks, or toast in a blender or with a rolling pin. Mix well with the sugar, butter, salt, and flavoring and pat smoothly into a 9-inch pie plate. Chill 2 hours.

Beat the eggs in a saucepan for 1 minute. Add the gelatine softened in the water, the lime juice, the lemon rind, and $\frac{2}{3}$ cup of sugar. Cook over a low heat, stirring constantly, until the mixture thickens. Set aside to cool, but do not let it jell.

Beat the egg whites with salt until almost stiff and add the remaining sugar, continuing to beat until the mixture is stiff. Fold the whites into the egg yolk, adding a few drops of green coloring. Pour the mixture into the crumb shell and chill for at least 3 hours. Cover with a thin layer of whipped cream and sprinkle with almonds toasted brown under the broiler. If you have no almonds, reserve a little almond-flavoring crumbs to sprinkle on top.

Company Dinner X

(Serves 6)

QUENELLES WITH SHRIMP HOLLANDAISE

<i>Quenelles</i>	<i>Sauce</i>
1 pound white fish fillet (pike or flounder)	3 egg yolks
2 egg whites	2 tablespoons lemon juice
2 cups light cream	2 tablespoons water
butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{8}$ teaspoon white pepper	pinch of cayenne
$\frac{1}{8}$ teaspoon nutmeg	$\frac{1}{4}$ pound butter
	1 can frozen shrimp soup
	$\frac{1}{2}$ cup cream
	1 teaspoon tomato paste

EVENING MEALS

Cut the fillets, which should be completely free of skin and bones, into pieces and place them in a blender. Spin for 30 seconds or until pulverized. Start adding first the egg whites and then the cream gradually. The resulting mixture should be very light but capable of being molded. Butter a large skillet. Mold the fish mixture into oval shapes 2 inches long and about the thickness of your thumb; place them in the skillet. Keep in refrigerator until time to cook. 20 minutes before serving, pour boiling water carefully into the side of the skillet—enough to come about two-thirds up the sides of the quenelles. Sprinkle with salt and cover. Simmer—do not boil—for 20 minutes. Remove from the pan with a slotted spoon, drain on paper toweling, and put on a long platter. Cover with the sauce.

Sauce: Whisk the eggs, lemon juice, water, salt, pepper, and cayenne in the top part of a double boiler. Cut the butter into the mixture and whisk over simmering water, which does not touch the bottom of the top pan, until the sauce is smooth and thick. Add the slightly thawed soup, the cream, and the tomato paste; continue stirring until slightly more than lukewarm. This sauce may be reheated.

BROCCOLI

Allow 1 pound for every 3 persons. Remove the big leaves from the stalks and trim off the tough ends. Slit the pieces into portions that will be easy to serve, peeling the stalks unless they are fresh and tender. Soak for an hour in cold water. 15 minutes before serving, boil the broccoli in a small amount of salted water in a covered pan. For pressure cooking allow 1½ minutes. Drain thoroughly; but do not season, because the hollandaise serves as sauce for both the quenelles and the broccoli.

EVENING MEALS

TOSSED GREEN SALAD

See page 134.

FRENCH RASPBERRY ICE

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|---------------------------------------|-------------------------------|
| 2 cups sugar | 1 pint raspberries |
| 2 cups water | $\frac{1}{4}$ cup lemon juice |
| 1 cup heavy cream, whipped | |
| 2 tablespoons confectioners' sugar | |
| $\frac{1}{2}$ teaspoon almond extract | |

Boil the sugar and water for 5 minutes. Add the raspberries and cook just long enough to soften them. Strain the mixture and add the lemon juice. Pour into a freezing tray and freeze several hours, stirring once or twice. Serve in glasses with the sweetened and flavored whipped cream.



Miscellany

CHICKEN STOCK OR BROTH

Chicken stock proves most adaptable to summer foods because of its light quality. Brewed once a week and stored in the refrigerator, it serves many needs. Canned broths and bouillon cubes, while not the equal of homemade stock are always good to have on hand.

2 to 3 pounds chicken necks and wings	2 or 3 celery stalks with leaves
1 to 2 pounds veal bone, sawed in pieces	1 bay leaf
3 quarts cold water	2 sprigs thyme
2 onions	4 sprigs parsley
1 carrot	1 tablespoon salt

Bring the chicken necks and wings and the veal bones to a slow boil. Remove the scum as it floats to the top. Add the vegetables, cut into pieces, and the herbs and seasonings. Cover, and simmer for 3 hours. Strain and cool. Store in the refrigerator until the fat rises to the top. Remove the fat. Keep the broth in a cool place.

Salads

Salads in summer are at their best, so it's a good idea to get into the salad habit at the very beginning of the season. This means checking the salad supplies as frequently as you do the milk. There should always be plenty of salad greens on hand, washed and crisped and ready to serve. These, with the makings of a good dressing, will serve as a constant stand-by for any or every meal as well as for in-between snacks. For lettuce, there are the Boston, romaine, Bibb, iceberg, and oak leaf varieties; endive, escarole, chicory, Chinese cabbage, young dandelion and beet greens, raw spinach, and watercress are all good salad greens and available in the summer months.

Dressings are very important. Gourmet rules to the contrary, it is most helpful to have a pint of basic French dressing always on tap, both for marinating salad ingredients and for those days when you are too busy or too lazy to make it from scratch. The ideal method of dressing a green salad is to do it at table just before serving. It's good practice to keep a salad dressing tray ready, with such fundamentals as oil, various vinegars, mustard, salt, black pepper, and perhaps a little pitcher for lemon juice. It's fun to collect old cruets and bottles of various sizes and shapes for this tray.

Olive oil is generally preferred; it is much cheaper if bought in half gallons or gallons from an Italian store. Peanut or corn oil, used half and half, will reduce the olive flavor if it seems too pronounced. Vinegar is the magic key of the dressing. Cider vinegar is excellent for certain hearty salads, but wine vinegar, either red or white, brings out the best in the salad greens. Popular herbs include chives, parsley, tarragon, chervil, anise, basil, and borage. An overdose of any herb will ruin a salad; a general rule is that 2 teaspoons of chopped herbs will properly

MISCELLANY

season a salad for four people. Garlic must be treated with respect. For a green salad, the bowl should be judiciously rubbed with the cut side of a garlic clove. If the salad includes cooked meats or vegetables, minced garlic is added to the marinating dressing. Many salad enthusiasts like to toss the lettuce leaves in oil, then add the salt and pepper, and finally add the vinegar, mustard, and herbs.

Mayonnaise and mustard are also salad basics. One should never be without a large jar of bland commercial mayonnaise that can be variously seasoned. Below is a recipe for homemade mayonnaise, which certain special dishes surely deserve. There are many good mustards on the market, but these too can be augmented by the home-made variety, which closely resembles the famous Dijon mustard. These and a few other standard dressings are listed below, for use with the salads found in this book and for any of your own devising.

Salad Dressings

BASIC FRENCH DRESSING

(Makes 1 pint)

1 1/2 teaspoons salt	1/2 cup red wine vinegar
1/2 teaspoon cracked pepper	1 1/2 cups olive oil, or salad oil, or combination
1 teaspoon dry mustard	

Mix the salt, pepper, mustard, and vinegar until well blended. Add the oil. Shake well before using.

TARRAGON DRESSING

(Makes 1 cup)

1 teaspoon salt	1/3 cup tarragon vinegar
1/8 teaspoon black pepper	2/3 cup olive oil

MISCELLANY

When using this dressing, sprinkle the salad at the last minute with a teaspoon of chopped tarragon whenever available.

RUSSIAN VINAIGRETTE DRESSING

(Makes $1\frac{1}{2}$ cups)

- | | |
|---------------------------|-----------------------------|
| 1 clove of garlic | 4 tablespoons cider vinegar |
| 4 tablespoons chili sauce | 1 cup olive oil |

Cut the clove of garlic in two and mix it with the remaining ingredients. Let stand at least 30 minutes. Remove garlic before mixing with the salad.

BLUE CHEESE DRESSING

(Makes $\frac{3}{4}$ cup)

- | | |
|-----------------------------------|---------------------------------------|
| 1 teaspoon Worcestershire sauce | 1 teaspoon salt |
| 1 clove garlic, pressed or minced | $\frac{1}{4}$ teaspoon cracked pepper |
| 3 tablespoons red wine vinegar | 8 tablespoons olive oil |
| | 2 tablespoons crumbled blue cheese |

Combine the ingredients; let stand 30 minutes before serving.

MAYONNAISE

(Makes 1 pint)

- | | |
|-------------------------------------|-----------------------------|
| 2 egg yolks | 2 tablespoons vinegar |
| $\frac{1}{2}$ teaspoon sugar | $\frac{3}{4}$ cup salad oil |
| 1 teaspoon mustard | $\frac{3}{4}$ cup olive oil |
| 1 teaspoon salt | 2 tablespoons lemon juice |
| $\frac{1}{8}$ teaspoon white pepper | or vinegar |

Whisk the yolks, sugar, spices, and vinegar for a

MISCELLANY

moment. Combine the oils and add to the egg mixture drop by drop, mixing with a whisk or an electric beater until the mixture begins to thicken. Continue adding the oil, but now by teaspoons. Finish by adding the lemon juice or vinegar. If the mayonnaise is to be kept, add a tablespoon of boiling water at the very end.

BOILED DRESSING

(Makes 1 pint)

$\frac{1}{4}$ cup flour	2 eggs
2 teaspoons dry mustard	$1\frac{1}{2}$ cups milk
1 tablespoon sugar	$\frac{1}{2}$ cup cider vinegar
1 teaspoon salt	4 tablespoons butter
$\frac{1}{4}$ teaspoon paprika	

Combine the dry ingredients in the top part of a nonmetal double boiler. Add the eggs, milk, and vinegar. Whisk together over boiling water until the mixture thickens. Remove from the heat and stir in the butter. Cool, and store in the refrigerator in a covered jar.

HOMEMADE MUSTARD Â LA DIJON

This may not be the real thing but it's mighty close to it. Mix it in the jar in which it is to be served, using a small wooden spoon to stir.

$\frac{1}{3}$ cup dry mustard	$\frac{1}{4}$ teaspoon cinnamon
1 teaspoon salt	$\frac{1}{2}$ teaspoon white pepper
$\frac{3}{4}$ teaspoon sugar	$\frac{1}{2}$ cup dry white wine
$\frac{1}{4}$ teaspoon powdered cloves	

Combine all the ingredients and mix well. Cover and let stand 24 hours before using. The mustard will seem liquid, but it will thicken during the mellowing process.

MISCELLANY

COTTAGE CHEESE DRESSING

This dressing contains very few calories.

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|--|-------------------------------|
| $\frac{1}{2}$ cup boiled dressing (see
above) | 1 teaspoon lemon juice |
| 1 cup cottage cheese | 2 teaspoons chopped
chives |
| $\frac{1}{4}$ teaspoon salt | |

Mix well with a fork; or, if you want a creamy dressing, use the blender.

FRUIT SALAD DRESSING

(Makes $2\frac{1}{2}$ cups)

- | | |
|-----------------------------|-----------------------------|
| 1 cup mayonnaise | 2 tablespoons sugar |
| 1 cup sour cream | 3 tablespoons lemon juice |
| 4 tablespoons apricot juice | $\frac{1}{2}$ teaspoon salt |

Mix well, and chill before serving.

WHITE WINE VINEGAR (when not available at your market)

- | | |
|---|--|
| 1 cup white vinegar | $\frac{1}{2}$ teaspoon powdered
thyme |
| 1 pint dry white wine | |
| 1 teaspoon dry tarragon
leaves, or 2 teaspoons
chopped fresh tarragon | 2 bay leaves |

Combine the ingredients in a nonmetal saucepan. Cover and simmer 20 minutes. Pour through 2 thicknesses of filter paper. Bottle and let stand 48 hours before using.

Bread, Rolls, and Pastry

EASY HOMEMADE BREAD

(Makes 2 one-pound loaves)

This labor-saving method of making bread calls for one bowl and an electric beater. However, you can beat by hand if necessary.

- | | |
|----------------------------------|-------------------------------------|
| 1 package dry yeast | 1 cup boiling water |
| $\frac{1}{2}$ cup lukewarm water | 1 cup milk |
| 2 tablespoons sugar | 6 to $6\frac{1}{2}$ cups unbleached |
| 1 tablespoon salt | flour, sifted once |
| 2 tablespoons butter or | |
| margarine | |

Sprinkle the yeast into the half-cup of lukewarm water and let it stand while assembling the remaining ingredients. Place the sugar, salt, and fat in the mixing bowl and add the boiling water, stirring until the sugar has dissolved and the butter melted. Reduce the temperature to lukewarm by adding the milk. Stir in the yeast and 2 cups of flour. Beat well for 2 minutes. Add 3 cups of flour and beat hard for another 2 minutes. Remove the beater and add the remaining flour gradually, kneading with your hands until the dough is a firm smooth ball and no longer sticking to the sides of the bowl. Cover the bowl and let rise until double. Punch down and let rise again. This saves kneading. Spread wax paper near the bowl and turn the dough onto the paper. Divide into 2 parts and let stand 10 minutes. Knead each part into a smooth loaf long enough to fill a standard size metal bread pan, which should be buttered and ready for baking. Place loaves in pans, cover, and let rise to double in size. Bake 40 minutes in hot (400° F.) oven. When the bread sounds hollow if you tap it, it is done. Turn out immediately onto a wire

MISCELLANY

rack to cool. Wrap in wax paper. Because it is summer, keep the extra loaf in the refrigerator.

REFRIGERATOR ROLLS OR BREAD

(Makes 2 loaves bread or 3 dozen rolls)

Once you get into the habit of having this mixture on hand, you may find it easier than running to the store for bread or rolls. The dough can be kept in a covered bowl for a week and dipped into as required.

2 cups milk	2 packages of yeast
$\frac{1}{4}$ pound butter or mar- garine	$\frac{1}{2}$ cup lukewarm water
$\frac{1}{2}$ cup sugar	7 to 8 cups all-purpose flour, sifted
1 tablespoon salt	

Heat the milk to the scalding point. Remove from the stove and put in the electric beater bowl with the butter, sugar, and salt. Beat on slow speed until the butter melts and the mixture is lukewarm. Add the yeast, dissolved in the lukewarm water. Add 2 cups of flour and beat the dough for 3 minutes. Add the remaining flour, using enough to give the dough a firm but not too dry texture. Beat for another 2 minutes. Transfer the ball of dough to a well-greased bowl and turn the dough around until it is coated with fat. Cover well, and refrigerate for at least 12 hours. The dough will rise, and should be punched down once it has doubled.

Rolls: 2 hours before baking, take out as much of the dough as needed. Pull off small portions and fill greased muffin pans a little less than half full with the dough. Paint the tops with a little butter. Let rise for about 2 hours, or until doubled. Bake 15 to 20 minutes in a hot (425° F.) oven.

MISCELLANY

Bread (1 loaf): Form half the dough into the rectangular shape that will fit your bread tin and place it in the greased tin. Spread with butter and let rise until doubled. Bake 40 minutes at 400° F. (hot).

HOMEMADE WATER ROLLS

(Makes 2½ to 3 dozen)

2 packages yeast	3 tablespoons melted butter
½ cup lukewarm water	or margarine
1 cup hot water	3 egg whites, beaten stiff
1½ tablespoons sugar	6 cups sifted all-purpose
2 teaspoons salt	flour

Dissolve the yeast in the warm water and let stand 5 minutes. Combine the hot water, sugar, salt, and butter, stirring to dissolve the sugar. Beat the egg whites until very stiff; to them gradually add the yeast mixture and the now-lukewarm water with the sugar, salt, and butter. Add 1½ cups of the flour and mix well. Add the remaining flour and continue beating at a low speed until the dough is smooth and elastic. This should take 3 to 5 minutes. Cover, and let rise until double. Knead the dough down in the bowl and let rise again. Spread wax paper near the bowl and break the dough off into small portions onto the paper. Let them stand 8 to 10 minutes.

Prepare 2 baking sheets by buttering them and dusting with fine corn meal. Shape the portions into small rectangles, kneading them in the process. Place them on the baking sheets, allowing 2 inches between each roll. Cover and let rise until double.

Preheat the oven to 425° F. (hot).

Place a large pan of hot water on the bottom shelf of the oven. Bake 20 to 25 minutes, according to size.

MISCELLANY

PIE PASTRY

(Makes 2 nine-inch double-crust pies)

$\frac{1}{2}$ cup hot water	3 cups twice-sifted all-purpose flour
1 cup lard	
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon baking powder

In the bowl of your electric mixer, pour the water over the lard. Beat until blended. Chill in the refrigerator for 15 minutes. Add the dry ingredients and beat on lowest speed until a ball is formed. Divide the pastry in halves and wrap each in wax paper. Chill well before rolling out. The pastry will keep for several days.

A Few Summer Jams and Jellies

Since summer jams and jellies represent hard work if undertaken in wholesale fashion, this is not the place to recommend such enterprise. But there are a few special jams and jellies which, if done in very small quantities, add a lot to an occasional meal. If you never use anything larger than a 2-quart saucepan, you'll avoid the overwork sensation. We list these few because they have been mentioned in the preceding pages.

STRAWBERRY JAM

2 cups strawberries	3 tablespoons lemon juice
$2\frac{1}{2}$ cups sugar	

Use firm ripe strawberries that are all about the same size, neither too large nor too small. Wash and hull them, but do not cut them. Put the berries in a glass bowl. Stir in the sugar and cover with a plate. Place in direct sunlight and leave for 2 hours, or until the juice is drawn out. Boil 10 minutes over moderate heat. Stir in the lemon

MISCELLANY

juice. Pour into clean hot glasses. Stir the jam frequently with a small spoon while cooling to keep the berries in suspension. Cover with paraffin when completely cool.

RASPBERRY AND CURRANT JELLY

1 quart currants	sugar
2 pints raspberries	

Wash the currants and put them, stems and all, into a saucepan. Mash them slightly; then add the raspberries. Cover and cook over a moderate heat until the currants are white and tender. Line a strainer with a double thickness of cheesecloth and suspend it over a bowl. Pour the fruit into the strainer and let the juice flow through. Measure the juice back into the pan and add $\frac{3}{4}$ cup of sugar for every cup of juice. Bring to a boil. If you have a thermometer, boil until it registers 220° F. If not, test the jelly by letting it fall from the side of a spoon; when it falls in one large drop rather than in several small ones, the jelly is done. Pour into hot clean glasses. Cover with paraffin when cool.

TARRAGON WINE JELLY

1 cup tarragon leaves	$1\frac{1}{2}$ cups dry white wine
$\frac{1}{2}$ bay leaf	4 cups sugar
1 cup boiling water	$\frac{2}{3}$ bottle liquid pectin
	green coloring

Wash the tarragon leaves and pulverize them along with the bay leaf, in the blender. If you do not have a blender, chop the leaves as fine as possible in a wooden bowl. Add the boiling water. Cover, and let cool gradually. Combine this mixture with the white wine and sugar in a nonmetal saucepan. Bring the mixture to a hard boil.

MISCELLANY

Add the liquid pectin and 2 or 3 drops of coloring. Boil 1 minute. Pour through a strainer, lined with a double thickness of fine cheesecloth, suspended over a glass bowl. Pour the jelly while still warm into clean hot jelly glasses and seal with paraffin.

MINT JELLY

3 pounds very tart apples	sugar
3 cups cold water	8 to 10 sprays mint
	green coloring

Wash the apples and cut them into quarters, without peeling or coring them, right into the saucepan. Add the water. Cover and cook 25 to 30 minutes. Pour the fruit into a strainer lined with a double thickness of cheesecloth, which is suspended over a bowl. Do not press the fruit. Measure the juice back into the saucepan. Add $\frac{3}{4}$ cup of sugar for every cup of juice. Bring to a boil and cook until the jelly registers 220° F. on a thermometer, or until it falls from the edge of a silver spoon in one very large drop rather than several small ones. Add 3 or 4 drops of vegetable coloring. Dip a bunch of mint into the jelly, holding it there for about 30 seconds. Pour the jelly into clean hot glasses. Seal with paraffin.

FOUR FRUIT JAM

2 cups cherries	2 cups currants
2 cups raspberries	5 cups sugar
2 cups strawberries	

Stem and stone the cherries. Hull the strawberries and stem the currants. Crush the currants in the saucepan. Add the rest of the fruit and the sugar. Cover, and let stand 1 hour. Boil hard for 20 minutes. Put into clean hot jars. Cover with paraffin when cool.

Blender Milk Shakes for Summer Desserts

(2 large servings from each recipe)

Chocolate: 1 pint milk, $\frac{1}{3}$ cup chocolate syrup, $\frac{1}{2}$ pint vanilla ice cream

Strawberry: 1 cup strawberries, 1 pint milk, 2 tablespoons sugar, $\frac{1}{2}$ pint strawberry or vanilla ice cream

Peach: 1 cup sliced peaches, 1 pint milk, 2 tablespoons sugar, $\frac{1}{2}$ teaspoon almond extract, $\frac{1}{2}$ pint vanilla ice cream

Raspberry: $\frac{1}{2}$ cup raspberry and currant jelly (p. 143), 1 pint milk, $\frac{1}{2}$ pint vanilla ice cream—fresh raspberries for a garnish after the spinning.

Combine the ingredients for the milk shake and spin 20 seconds in a blender just before serving.

The Top Pantry Shelf

This is a list not of staples but of certain canned or bottled foods that prove themselves invaluable during the summer months. They provide two entire meals for emergency occasions, but for the most part they are just extras that can't be found in every country store.

Anchovies	Cocktail Tidbits (large assortment)
Artichoke Hearts	Coffee (extra can)
Babas	Corned Beef (2-pound tin)
Capers	Fruit Juice
Candied Fruit Peels	Fruits (2 cans)
Caviar (red and/or black)	Ham, Cooked (5 to 7 pounds)
Chicken Broth (several cans)	Indian Pudding
Clam Juice	

MISCELLANY

Maple Syrup	Olives
Mayonnaise	Oysters, Smoked
Meat Extract	Potatoes (white and sweet)
Mushrooms	Soups (various)
Mussels	Tomato Paste
Mustard	Tomato Juice
Nuts (almonds, cashews, pecans, walnuts)	Vegetables (various)
Olive Oil	Water Chestnuts



Index

- antipasto, Italian, 117
asparagus, 57, 91
aspic, tomato, luncheon
 loaf, 36-37
aspics, tomato, individual,
 103-104
- beans, green, sauté, 125
beans, lima, in parslied
 cream, 123
beans, shell, au jus, 126
beef:
 braised, 102-103
 chipped, rolls, 53
 corned, 24, 79
 London broil, 68
 salad, 96-97
 wonderburgers, 63
beets, baby, tarragon, 113
beverages, alcoholic:
 Daiquiris, frosted, 35
 Dubonnets, 38
 beverages, alcoholic (*cont.*)
 Martinis, home bottled,
 67
 Planter's punch, 69
 beverages, nonalcoholic:
 afternoon refresher, 82
 frappés, strawberry, 65-
 66
 milk shakes, 145
 tomato old fashioned, 39
 vegetable juice, 81
bread, muffins, and rolls,
 139-141
 anchovy bread, 37
 blackberry muffins, 40
 cheese muffins, toasted,
 93
 cinnamon sherry rolls,
 14-15
 easy homemade bread,
 139-140
 popovers, 12

INDEX

- bread, muffins, rolls (*cont.*)
 - refrigerator rolls or bread, 140-141
 - water rolls, homemade, 144
 - whole-wheat toast, buttered, 14
- breakfasts, 4-15
 - menus for, 8
- broccoli, 131
 - polonaise, 103
 - raw, 81
- brunch, 7-14
- cabbage:
 - coleslaw, 71, 95
 - green and white choux salad, 58
- cake (*see also* coffee cake):
 - angel, frosted, 43
 - blueberry walnut, 10
 - cocoa, 104
 - spice, frosted chiffon, 60
 - surprise cupcakes, 65
- canapés:
 - celery sticks, stuffed, 109
 - cheese sticks, 36
 - pretzel batons, 39
 - sesame anchovy wafers, 41
 - tomalley, 71
- cauliflower ramekins, 97
- celery, 77, 109
- chicken:
 - in a box, 64
 - broilers, with anchovy caper sauce, 109-110
 - broth, 133
- chicken (*cont.*)
 - and ham rolls, 71
 - Mediterranean, 122
 - salad, 92-93
 - sandwiches, baked, 19
- chicken liver on rye sandwiches, 25-26
- clambakes, 72-74
- clams, *see* fish and seafood
- coffee cake:
 - cinnamon sherry rolls, 14-15
 - maple sugar, 5-6
- coleslaw, 95
 - raisin, 71
- cookies:
 - apricot cashew bars, 31
 - butterscotch pecan bars, 30
 - fudge squares, 28-29
 - jam bars, 80
 - molasses cookies, filled, 29-30
 - nut strips, 82
 - oatmeal cookies, 98
 - sugar cookies, jumbo, 30-31
- corn and bacon wafers, 44-45
- corn, foil-roasted, 63
- corn on the cob, 129
- corned beef, 24, 79
- crab, *see* fish and seafood
- cucumbers:
 - and carrot sticks, 76
 - salad, 59
 - sandwiches, 27
 - sticks, 10

INDEX

- cucumbers (*cont.*)
 - in tarragon cream, 127
 - vinaigrette, 89
- desserts (*see also* pie; cake):
 - apricot cream, 113-114
 - blackberry cream, 119
 - bombe, lemon and lime, 40-41
 - cantaloupe, Cointreau, 123
 - chocolate cream, 90
 - coffee ice cream cornucopias, 127
 - coupe, frosted green, 121
 - custard ring, coffee caramel, 111
 - gooseberry fool, 92
 - ice cream cornucopias, coffee, 127
 - jelly, rosé wine, 106
 - lemon and lime bombe, 40-41
 - melon platter, 11
 - milk shakes, 145
 - O-salad, 99
 - peach cup with zabaglione sauce, 116-117
 - pineapple sticks, 72
 - raspberries and cream, 13
 - raspberry cups, 33
 - raspberry ice, French, 132
 - sesame anchovy wafers, 100
 - strawberries Brillat-Savarin, 8-9
 - strawberries in powdered sugar, 93
 - desserts (*cont.*)
 - strawberry cheese, 38
 - strawberry shortcake, 45
 - summer delight, 125
 - summer sauce (rhubarb and strawberry), 97
 - vanilla brick with hot strawberry sauce, 101
 - watermelon bowl, 59
 - dinners, 106-132
 - menus for, 107-108
 - eggplant ring with French-fried onions, 120-121
 - eggs:
 - deviled, mold, 54-55
 - flavor-salted, 77
 - finnan haddie, *see* fish and seafood
 - fish and seafood:
 - bouillabasse, 128-129
 - clams, fried, in beer batter, 94
 - clams, soft shell, steamed, 94
 - clams in herb sauce, 95
 - cod brandade, 53-54
 - crab, iced cream of, 18-19
 - crabmeat salad bowl, 39-40
 - finnan haddie, baked, in cream sauce, 11-12
 - fish in boxes, 53
 - fish fillet salad, 56-57
 - fish salad with green sauce, 86

INDEX

- fish and seafood (*cont.*)
 - halibut steak, baked, 120
 - lobster, baked, stuffed, 124
 - lobster, boiled, 81
 - lobster mousse, 52
 - lobster omelet, fines herbes, 105
 - lobster stew, Maine, 70
 - lobster salad rolls, 33
 - mussel bisque, 26
 - mussels, with egg noodles, 117-118
 - mussels and shrimps, barbecued, 67-68
 - quenelles with shrimp hollandaise, 130-131
 - salmon with shrimp sauce, 112-113
 - salmon, cold, with sour cream sauce, 44
 - sardine butter fingers, 76
 - seafood shortcake, 49
 - shrimp bouquets, 47-48
 - shrimp toasts, 23
 - tomalley canapés, 71
 - tuna sandwiches, 77
- French dressing, basic, 135
- ham:
 - and asparagus rolls, 91
 - baked, cold, 115
 - and chicken rolls, 71
 - sandwiches, French, 32-33
- jams and jellies:
 - four fruit jam, 144
- jams and jellies (*cont.*)
 - mint jelly, 144
 - raspberry and currant jelly, 143
 - strawberry jam, 142-143
 - tarragon wine jelly, 143-144
- kidneys, veal, 51
- lamb:
 - roast, 126
 - rolls, 76
 - salad, 89-90
 - steaks, 9
- liver, chicken, sandwiches, 25-26
- lobster, *see* fish and seafood
- luncheon parties, 34-45
 - menus for, 34-35
- lunches, informal, 16-33
 - menus for, 17-18, 32
- mayonnaise, 136-137
- meats, *see under name of individual kind of meat*
- meats, cold (English platter), 51
- muffins, *see* bread, muffins and rolls
- mushrooms, stuffed, 50
- mussels, *see* fish and seafood
- orange wedges, 79
- pancakes, 6-7
- pastry for pies, 142

INDEX

- pâté maison, 48-49
- peas, fresh, 32
 - French, 106
- picnics:
 - for adults, 66-72
 - boat, 78-82
 - car, 74-77
 - menus for, 62, 66, 75, 78
 - for young people, 62-66
- pie:
 - almond lime chiffon, 129-130
 - blueberry à la mode, 87-88
 - green apple turnovers, 69
 - pastry for, 142
 - rhubarb, 96
- popovers, 12
- potatoes, French-fried, 86-87
- potatoes, new, boiled, 113
- rice, fluffy, 122-123
- rice ring, saffron, 50-51
- rolls, *see* bread, muffins, and rolls
- salad dressings, 135-138
 - blue cheese, 136
 - boiled, 137
 - cottage cheese, 138
 - French, basic, 135
 - mayonnaise, 136-137
 - mustard à la Dijon, home-made, 137
 - mustard mayonnaise, 82
 - tarragon, 135-136
 - salad dressings (*cont.*)
 - vinaigrette, Russian, 136
 - vinegar, white wine, 138
- salads:
 - antipasto, Italian, 117
 - asparagus, 57
 - beef, tarragon, and avocado, 96-97
 - chicken, 92-93
 - choux, green and white, 58
 - coleslaw, 71, 95
 - crabmeat, 39-40
 - cucumber, stuffed, 59
 - cucumber, vinaigrette, 89
 - fish, 56-57, 86
 - fruit, 42
 - lamb, 89-90
 - nasturtium, 110-111
 - potato cucumber, 55-56
 - Provençal, 116
 - Russian, 68-69
 - tomato aspics, individual, 103-104
 - tomato aspic luncheon loaf, 36-37
 - tomatoes, vinaigrette, 58
 - tomato wheels, 91-92
 - tossed, 134-135
- salmon, *see* fish and seafood
- sandwiches:
 - bread and butter, 82
 - broiler, 27-28
 - blue cheese rolls, toasted, 42
 - chicken, baked, 19
 - chicken liver on rye, 25-26

INDEX

sandwiches (*cont.*)

- corned beef and radish,
24
- corned beef on rye, 79
- cucumber and red onion,
27
- French toast, 21
- ham, French, 32-33
- ham and chicken rolls, 71
- lobster salad rolls, 33
- lamb rolls, 76
- lettuce and mint jelly, 64
- salami bake-and-serve
rolls, 22
- sardine butter fingers, 76
- shrimp toasts, 23
- tuna, special, 77
- shrimp, *see* fish and seafood
- smorgasbord, 46-60
- spaghetti à l'Américaine,
100-101

soups, cold:

- bouillon, on ice, 36
- crab, iced cream of, 18-
19
- gazpacho, Spanish, 20
- madrilène on the rocks,
109
- tomato cheddar, 21-22
- vichysoisse, green, 22-23

soups, hot:

- bouillabaisse, 128-129
- bouillon, spicy fresh vege-
table, 25
- chicken broth, 133

soups, hot (*cont.*)

- clam bisque, 114-115
- corn, 23-24
- corn chowder, 79
- mushroom, curried, 41
- mussel bisque, 26
- pea and cauliflower, fresh,
43
- tomato cream, fresh, 119-
120
- vegetable bouillon, 25
- squash, acorn, 99
- squash, summer, mushroom
stuffed, 110
- staples, list of, 145-146
- stock, chicken, 133
- suppers, 83-106
 menus for, 83-85
- tomato aspic, 36-37, 103-
104
- tomato cups, baked, 13-14
- tomatoes, vinaigrette, 58
- tomato sliced, chilled, 87
- tomato wheels, 91-92
- tongue, 88-89
 jellied, à la mode, 55
- tuna, *see* fish and seafood
- turnovers, green apple, 69
- veal kidneys, Dijon, 51
- veal and zucchini casserole,
98
- vegetables, *see under name*
 of individual vegetable

notes about salads and recipes for salad dressings; recipes for easy homemade bread, rolls, pastries, and a few special jams and jellies; and directions for blender milk shakes that make delicious summer desserts. A useful list of canned and bottled foods that can serve as an emergency shelf or lift on ordinary meal out of the doldrums completes the book.

Every word in this cookbook is intended to make the summer a pleasanter time for the hostess and cook. Mrs. Turgeon tells how to organize your summer cooking so that items for several meals can be prepared at one time, leaving a minimum of work to be done at serving time. She suggests ways to minimize the tiresome chore of dishwashing and even tells you how best to pack your picnic lunch.

Whether you spend your summers in the city, in the country, or at the seashore, this cookbook will make warm-weather cooking more enjoyable.

ABOUT THE AUTHOR

Charlotte Turgeon is the wife of a professor of French at Amherst College, the mother of three children, a lecturer, and author of many magazine articles and several cookbooks. As a graduate of Smith College, a diplomée of the Cordon Bleu Cooking School in Paris, and an active member of a busy college community, she is well qualified to talk on the problems of running a household and entertaining easily and gracefully in today's modern, servantless home.

Typical menus from

Charlotte Turgeon's
SUMMER COOKBOOK

Luncheon Party

Summer Bouillon on Ice
Cheese Sticks
Tomato Aspic Luncheon Loaf
Warm Anchovy Bread
Strawberry Cheese

Family Supper

Tarragon Beef and Avocado Salad
Cauliflower Ramekins
French Bread
Summer Sauce (Rhubarb and Strawberry)
Oatmeal Cookies

Company Dinner

Madrilene on the Rocks
Stuffed Celery Sticks
Chicken Broilers with Anchovy Caper Sauce
Mushroom-Stuffed Summer Squash
Nasturtium Salad
Coffee Caramel Custard Ring